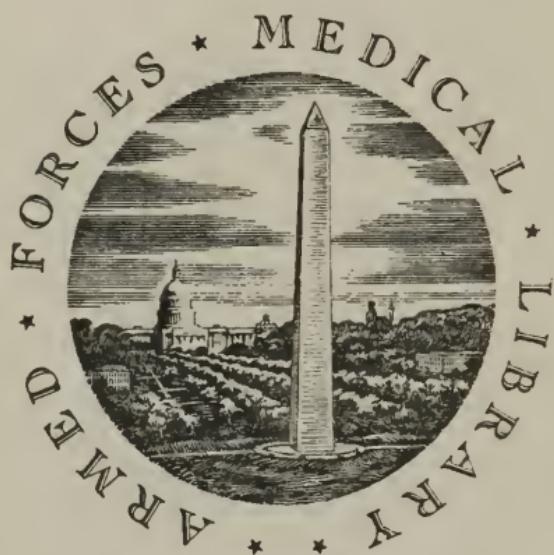


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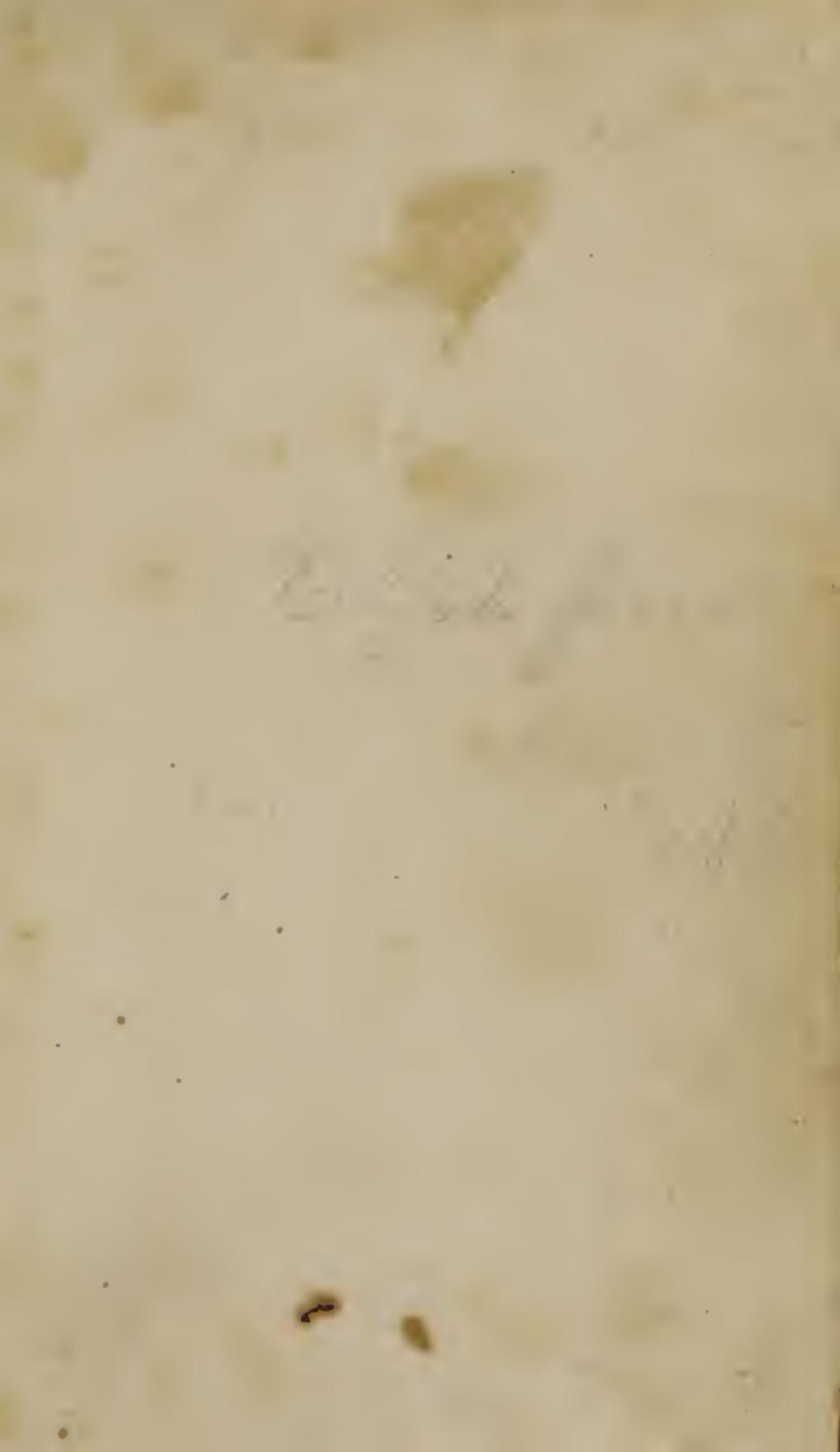
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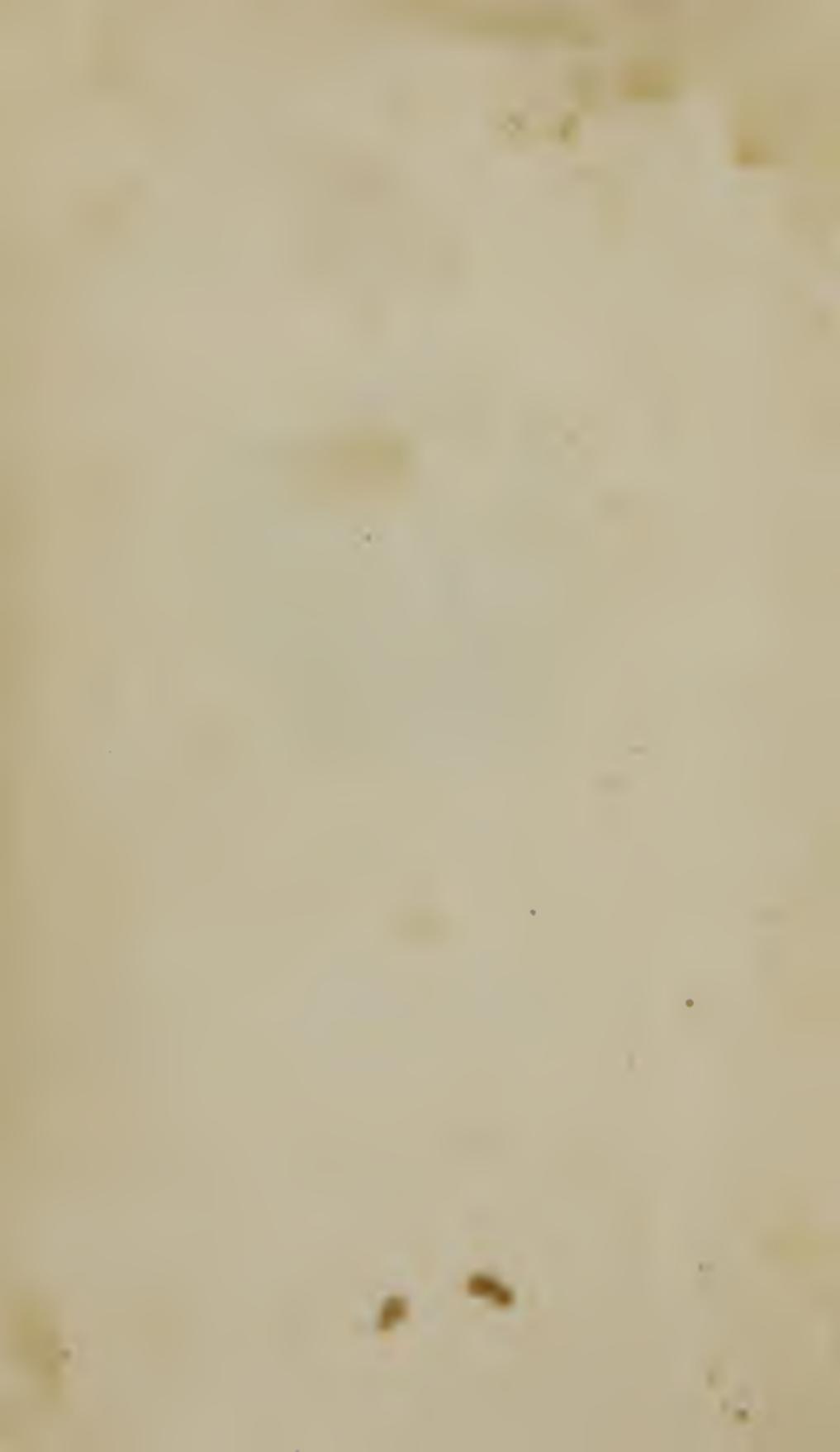
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Elijah Johnson
Signature
et al



A
GUIDE TO HEALTH;
BEING AN
EXPOSITION OF THE PRINCIPLES
OF THE
THOMSONIAN SYSTEM OF PRACTICE,
AND
THEIR MODE OF APPLICATION IN THE CURE OF
EVERY FORM OF DISEASE;
EMBRACING A CONCISE VIEW OF THE VARIOUS THEORIES OF
ANCIENT AND MODERN PRACTICE.

BY BENJAMIN COLBY.

Let us strip our profession of every thing that looks like mystery.
RUSSELL.

NASHUA, N. H.:
PUBLISHED BY CHARLES T. GILL.

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TO  
THE HUMAN RACE OF BOTH SEXES,  
THIS FEEBLE ATTEMPT  
TO RENDER THEM FAMILIAR  
WITH THE MEANS OF  
BEING THEIR OWN PHYSICIANS,  
AND THEREBY AVOIDING THE MISERIES  
ENTAILED ON THEM  
BY LEARNED AND IGNORANT QUACKS,  
Es Respectfully Dedicated,  
BY THEIR  
SINCERE FRIEND,  
THE AUTHOR.



## P R E F A C E.

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IN presenting to the public this little volume, advocating and explaining a system of Medical Practice, diverse from the popular systems of the day—a system against which there exists much unfounded, deep-rooted prejudice—prejudice, not based on a knowledge of its principles, on a trial of its remedial agents, but on the false and ridiculous reports in circulation against it; a brief history of the circumstances and motives that led to its publication, may not be uninteresting to the reader.

Having spent a large proportion of the last fifteen years of my life in examining the different medical theories, and observing the results of those theories carried out in practice, I arrived at conclusions that were to me startling—that were painful to contemplate—that could not fail to inspire in every benevolent man, a fixed determination to wage an uncompromising war against systems, productive of so much sorrow, misery, and death.

The evidences brought to bear upon my mind, in the testimony of the most eminent of the faculty—statesmen and philosophers, and my own personal experience and observation, compelled me to believe, although very reluctantly, in consequence of the regard I had for those of my friends who were engaged in the practice of medicine, that the science of medicine, as taught in the schools of physic, and as practiced from the time of Paracelsus until the present, was a series of blind experiments with the most deadly poisons—the effect of which is now felt by millions of its unhappy victims; while millions more sleep beneath the clods of the valley, cut off in the vigor of youth, and strength of manhood, by these poisons. I do not feel responsible for a belief, that the force of evidence urges upon me, any more than I should for falling to the ground from a height, when all intercepting objects are removed. Justice to my fellow men de-

mands of me that I should fearlessly express my views, and I shall not demur. It is my candid opinion, and that opinion has not been formed hastily, that nine-tenths of all the medical practice of the nineteenth century, including a portion, but by no means an equal portion, of all the different systems, is not based on scientific principles, or benevolence and truth, but on cupidity, avarice, and a desire for fame, on the one part, and ignorance and misplaced confidence on the other. Remove these pillars, and the gilded temple called medical science, that medical authors have been propping up for 4000 years—the material of which it is composed not being sufficiently strong to sustain its own weight—would fall to the ground with as much certainty as did the edifice from which Sampson, with giant's strength, removed the pillars.

One quarter part of nearly all the newspapers throughout the country is filled with flaming advertisements of quack nostrums—the most of which are prepared without any regard to scientific principles or adaptedness to cure disease; for which millions of dollars are annually paid, and not one in a hundred receives any permanent benefit therefrom.

The Editor of the Portland Tribune gives the following as the origin of that celebrated medicine—Brandreth's Pills:—"A few years ago a young Englishman, by the name of Anson, was an under servant in a large pill establishment in London, where he received trifling pay; but he managed to lay by sufficient funds to bring him to this country. He arrived at New York—called himself Dr. Brandreth, from London—said he was a grandson of a distinguished Dr. by that name, who died some years since. He was so extremely ignorant, that he wrote his name, or scratched it rather, "Dr. Benjamin Brandreth, M. D." He hired an office—made pills—advertised them pretty freely—and now they are all over the country. By such empiricism, this individual, whose real name is Anson, has obtained the cognomen of "Prince of Quacks," and has accumulated a handsome fortune, while not one in a thousand who has taken his pills, has any doubts of his being a regular physician. Such is the success of quackery—and in this manner are the American people gullied, when if known, they themselves of brown bread and aloes could make a better pill. Mr. A. alias Dr. B. in the course of time open-

ed a shop in Philadelphia, for the sale of his medicine, and appointed a man by the name of Wright as his sole agent. In a short time the Dr. and he quarrelled—had a newspaper controversy—the result of which was Mr. W. set up for himself—made a new pill, or rather gave a new name to an old one, calling it the “Indian Purgative Pill,” advertised it freely, employed agents, &c. and now it is used pretty extensively as an INDIAN medicine, when probably not a son of the forest knows of its existence.

“In a similar way nearly all the medicines advertised so extensively, and recommended so extravagantly for their intrinsic virtues were first brought into existence. Should the thousand pills of different names daily vended in this country and swallowed by the dozen, be analyzed by the neatest process, they would be found to contain nearly the same ingredients.

“The ‘Matchless Sanative,’ said to be a German invention, was sold in very small vials, at the moderate price of two dollars and fifty cents, as a certain cure for the consumption. It was nothing more, we believe, than sweetened water, and yet hundreds were induced to buy it, because its price was so exorbitant, presuming by this that its virtues were rare—and many a poor widow was drained of her last farthing to obtain this worthless stuff. Even the Sanative, in its conspicuous advertisements, was not lacking in lengthy recommendations of its superlative virtues—throwing all other medicines far into the shade.”

These quack nostrums stand on the same platform, and are supported by the same pillars that support the regular systems of practice, although they do not produce so much injury, not generally being composed of so powerful agents. Thomson, Curtis, Graham, Alcott, Combe, Fowler, Mrs. Gove, and others, have done much in the work of Medical Reform. Much yet remains to be accomplished, by diffusing knowledge among the people, and uniting the interest of the physician with that of the patient. These objects are admirably accomplished by the plan of social re-organization, proposed by Charles Fourier, and advocated by some of the most learned and philanthropic of this country. This enterprize is destined to do more to elevate the down-trodden, oppressed and injured of our race, than all other organizations combined. Place man in a true

relation with his fellow man—unite their interests—combine their labor—let every man understand that his highest happiness consists in making his fellow man happy; and what would be the result?—The physician, instead of dealing out poison, would deal out advice to his fellow men to live according to the dictates of nature, and point out to them the proper course to pursue to avoid being sick. So long as the interests of physician and patient are at variance, we must expect long doctors' bills and long runs of fever.

In view of these facts, the path of duty is plain to me.

1st. I am bound to give the public all the information my advantages may have enabled me to obtain, relating to the prevention and cure of disease, in as cheap form as possible. This I have made a feeble effort to do in this little work; begging the pardon of the "*literati*" for entering the authors' ranks, with so few of the requisite qualifications, but asking no favors of the Medical Faculty, scientific as they may be; for if I have not succeeded in proving the Thomsonian system true, it cannot possibly come farther from the truth than their own.

2d. I am bound to use my influence to advance an enterprize promising so much for the world as the Association system.

My position is now fully defined—my views before the world. I have treated the subject just as I understand it—reserving nothing for future emolument, for which I expect to be ridiculed by those it is designed to benefit, and persecuted by those whose craft is in danger.

I have endeavored to present plain, simple facts in a plain, simple manner; so as to be easily understood by all. The technicalities of medical works are left out, or explained in a glossary, where any medical word used in this work may be found, with its meaning. I acknowledge my indebtedness to Drs. Thomson, Curtis, and others, for the principles herein contained, especially to Dr. Curtis, Professor of the Medical Institute at Cincinnati, who has done more than any other man to present the Thomsonian system to the world in a *receivable* shape.

This little work is designed to be, as its name declares, a Guide to Health. Not a guide for a few to enable them to get rich by selling advice and medicine to the many; but a guide to all to en-

ble them to avoid becoming the victims of the avarice and duplicity of physicians. Many of them, to be sure, take a philanthropic and noble course, consulting always the interest of those who place confidence in them. But common observation leads me to think that the large majority of physicians consult their own interests first, in doing which they are not "sinners above all others," as the common motto is, let every man look out for himself. Therefore, if every man was his own physician, the interest of physician and patient would be identified. Those who make the practice of medicine a source of gain, will ridicule the idea of every man being his own physician. So have priests ridiculed the idea of letting every man read the bible and judge for himself of the important truths therein contained. As well might the village baker ridicule the idea of the good housewife making her own bread; alleging that it required a long course of study to make bread, and the people must not only buy all their bread of them at an exorbitant price, but pay them a fee for telling them what kind they must eat and how much. The preparation and use of medicine to cure disease, requires no more science than the preparation and use of bread.

Every head of a family ought to understand the medicinal properties of a sufficient number of roots and plants to cure any disease that might occur in his or her family, and teach their children the same. This is in accordance with the declaration of the learned, and philanthropic, and justly celebrated Rush. He says: "Let us strip our profession of every thing that looks like mystery and imposition, and clothe medical knowledge in a dress so simple and intelligible, that it may become a part of academical education in all seminaries of learning. Truth is simple on all subjects; and upon those essential to the happiness of mankind, it is obvious to the meanest capacities. There is no man so simple, that cannot be taught to cultivate grain; and no woman who cannot be taught to make it into bread. And shall the means of preserving our health, by the cultivation and preparation of proper aliments be so intelligible, and yet, the means of restoring it, when lost, so abstruse, that we must take years of study, to discover and apply them? To suppose this is to call in question the goodness of the Deity, and to believe that he acts without system and unity in his work. Surgical operations and diseases that rarely occur, may require profes-

al aid; but the knowledge necessary for these purposes, is soon acquired; and two or three persons, separated from other pursuits, would be sufficient to meet the demands of a city containing forty thousand people."

Dr. Rush certainly knew all the mysteries of medical theories and their importance in the cure of disease, the study of which requires many years' close application; yet he says we question the goodness of the Deity in not believing that a man or woman who can cultivate and prepare food, cannot gather, prepare, and administer medicine, and the knowledge necessary to treat rare cases and perform all necessary surgical operations is soon acquired.

It has been generally remarked, that those families that employ no physicians, in cases of scarlet fever, canker rash, measles, &c., lose a less number of children, than those who employ them. The reason is obvious; the physician gives physic and the mother warming teas; the former is injurious, the latter all that is needed. I have been informed by Mrs. Whitney, formerly of this town, that previous to becoming acquainted with Thomsonian medicine, her husband had paid physicians about \$75 a year, but for six years past they had not paid a dollar for medical service. She said they had had as severe cases within the last six years as when they employed physicians, but were soon overcome by medicine used by herself.—She has also had an extensive practice in this village, with a success which any physician might be proud to equal. Some of the most intelligent and wealthy of our citizens have employed her in difficult cases, and she has been enabled by her attention and success to secure their entire confidence. Many are indebted to her for the preservation of their lives after the faculty had given them up to die. Many others within the limits of my acquaintance have been equally as successful in saving their money and health.

With these preliminary remarks we submit this volume to the people, trusting it may lead many a bewildered victim of disease into the paths of health.

NASHUA, N. H., July, 1844.

# GUIDE TO HEALTH.

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## PART I.

### CHAPTER I.

#### THE SCIENCE OF MEDICINE.

WHAT is it? What are the principles on which it is founded? and what are the results of those principles, carried out in practice? Science is knowledge. The science of Medicine, is a knowledge of the art of preventing and curing disease. Where can this knowledge be obtained? Should we heap together all that has been written on the subject of Medicine, it would form a mountain, the base of which would spread out over the earth, and its summit penetrate the clouds. In perusing these works, we are delighted, astonished, and disappointed. Delighted, with the sublimity of style,—the talent and learning displayed. Astonished, that such a combination of talent, erudition, and persevering research, should arrive at conclusions so visionary and unsatisfactory. Disappointed, in not finding the knowledge of a remedy for the cure of disease. We must give these authors the credit of making untiring effort, and bestowing incessant labor upon the subject, but like the man who attempted

to cross a pond frozen over, during a violent snow-storm. The snow flew so thick, that he soon lost sight of either shore, and after wandering many hours, he found himself on the same shore from which he started. So with medical authors: having no compass, and the visionary theories of others flying so thick about them, involved them in darkness, and they wandered in uncertainty and doubt, until they arrived at the same point from which they started, having found no facts on which to base Medical Science.

The reason is obvious. Truth is plain and simple. God, in his wisdom, has adapted important truths to the capacity of feeble intellects,—"has chosen the weak things of the world to confound the wise." While the learned and wise in the literary lore of Medical Universities, were groping amidst this darkness, uncertainty and doubt, in search of facts on which to base a correct theory—each fully conscious that the discovery of such facts would enable him to write his name high on the temple of fame—Dr. Thomson, an illiterate farmer, stumbled on the prize. Rude and uncultivated though he was, he has discovered facts which are destined to overturn the visionary theories of his predecessors.

## CHAPTER II.

### BRIEF REVIEW OF DIFFERENT THEORIES OF MEDICINE.

If medical works have been wanting in facts, they have abounded in theories.

Dr. James Graham, the celebrated Medico-Electrician, of London, says of medicine, "It hath been very rich in theory, but poor, very poor, in the practical application of it."

Dr. Jacob Bigelow, Professor in Harvard University, says in his annual address before the Medical Society, in 1836: The premature death of medical men, brings with it the humiliating conclusion, that while other sciences have been carried forward within our own time, and almost under our own eyes, to a degree of unprecedented advancement, medicine, in regard to some of its professed and important objects, (the cure of disease,) is still an INEFFECTUAL SPECULATION.

It is almost universally believed that the science of medicine, as taught in the schools of physic and practiced by the regular faculty, is based on established principles,—principles that have been handed down from generation to generation, that are as demonstrable as those of mathematics, and that a man who has studied three years is prepared to practice SCIENTIFICALLY. If this were the case, it would save us the necessity of writing this little volume, as the literary world groans under the weight of medical works that have been thrown upon it—the errors of which, each succeeding author has proved to be as numerous as its pages.

At what age of the world medicine for the cure of disease was introduced, history does not in-

form us. Frequent reference is made in inspired writ, to leaves for the healing of the nations—the plant of renown, and to various other Botanic medicines; but we have no account in that book, of mineral poisons ever being used to cure disease. Such an inconsistency sanctioned by holy writ, would have placed in the hands of the infidel a more powerful argument against its truth than now exists.

At whatever age disease may have made its appearance, the first man whose writings on medicine have descended to posterity in anything like a respectable shape, is **HIPPOCRATES**; born in the island of Cos, about 460 years before Christ. Supposing himself descended from the ancient and fabled Esculapius, he devoted his mind assiduously to the healing art. He examined attentively the opinions of others, thought and judged for himself, and admitted only those principles that to him seemed founded on reason.—As a theory of life, he advanced the doctrine, that the body is endowed with a semi-intelligent principle capable of applying to its own use whatever is congenial with it, and calculated to improve and restore it; and of rejecting and expelling whatever is noxious, or tends to the generation of disease.

He believed in the conservative and restorative power of nature, when its laws were strictly followed, or aided by suitable remedies. Hippocrates studied diligently, and almost exclusively, the great book of nature, instead of the visionary theories of men, and probably adopted a more correct theory, and safe and successful practice, than any who succeeded him, until the time of Thomson.

**CLAUDIUS GALANUS, or GALEN,** was born in Per-

gamos in Asia Minor, A. D. 131. He depended on innocuous vegetables; sometimes simple, generally very much compounded; and his practice was so successful as in many instances to be ascribed to magic. The Theory of Galen was the acknowledged theory of medicine, until about the time of

PARACELSIUS, who was born in Switzerland, in 1493. He appeared as a reformer of the system of Galen, rejecting his safe botanic treatment, and administering with a bold and reckless hand, mercury, antimony, and opium.

Notwithstanding thousands were destroyed by this reckless quack, his practice has been handed down to the present time: undergoing various changes and modifications. Says Prof. Waterhouse: He (Paracelsus,) was ignorant, vain and profligate, and after living the life of a vagabond he died a confirmed sot. He studied mystery, and wrapped up his knowledge in terms of his own invention, so as to keep his knowledge confined to himself, and a few chosen followers. It appears by Prof. Waterhouse, of Harvard University, that mercury, antimony, and opium, were introduced into common practice by Paracelsus, who was the chief of quacks, which remedies continue to the present day to be the most potent and commonly used by the faculty.

STAHL, a native of Auspach, rejected all the notions of his predecessors, and has the credit of undoing all that had been done before him.

HOFFMAN, his cotemporary and friend, supposed life dwelt some how or other in the nervous system.

BOERHAAVE, a native of Holland, selected from all the preceding writings whatever he deemed valuable, preferring Hippocrates among the an-

cients, and Sydenham among the moderns. This celebrated physician and scholar, ordered in his will, that all his books and manuscripts should be burned, one large volume with silver clasps excepted. The physicians flocked to Leyden, entreating his executors to destroy his will. The effects were sold. A German Count, convinced that the great gilt book contained the whole arcanum of physic, bought it for ten thousand guilders. It was all blank except the first page, on which was written,—Keep the head cool—the feet warm—the body open, and reject all physicians. How noble the course of this justly celebrated physician. After thoroughly investigating the theories of all his predecessors, and writing out a theory of his own, which, when he came to practice, he found so uncertain and dangerous, that he would not leave it with his sanction, to entail misery and death on future generations.—He therefore gave his dying advice to the world, with a full knowledge of the value of all the systems of medicine that had preceded him, to use a few simple medicines, and reject all physicians. Had this advice, given in the 17th century, been regarded by the world, what a vast amount of suffering and human life would have been saved. Its benefits would have been incalculable. A monument should have been erected to his memory, on which should have been inscribed in letters of gold, “HERE LIES AN HONEST MAN, THE NOBLEST WORK OF GOD.”

Succeeding Boerhaave, were Haller, Cullen, Hunter, Bostock, Brown, Rush, and Chapman, of modern times; the history of whom may be told in the language of Thomas Jefferson, the illustrious statesman and philosopher. In a letter to Dr. Wistar, he says: I have lived myself, to

see the disciples of Hoffman, Boerhaave, Cullen and Brown, succeed one another like the shifting figures of the magic lantern ; and their fancies, like the dressers of the annual doll babies from Paris, becoming from their novelty the vogue of the day, each, yielding to the next novelty its ephemeral favors. *The patient, treated on the fashionable theory, sometimes gets well in spite of the medicine ;* the medicine therefore cured him, and the doctor receives new courage to proceed in his bold experiments on the lives of his fellow-creatures. I believe — continues Mr. Jefferson — we may safely affirm, that the presumptuous band of medical tyros, let loose upon the world, destroy more human life in one year than all the Robinhoods, Cartouches, and Macbeths do in a century. It is in this part of medicine I wish to see a reform, an abandonment of hypothesis for sober facts, the highest degree of value set upon clincal observation, the least on visionary theories.

DR. WILLIAM BROWN, who studied under the famous Dr. William Cullen, lived in his family, and lectured on his system, says in the preface to his own works, "The author of this work has spent more than twenty years, in learning, teaching and scrutinizing every part of medicine. The first five years passed away in hearing others, and studying what I had heard, implicitly believing it, and entering upon the possession as a rich inheritance. The next five, I was employed in explaining and refining the several particulars, and bestowing on them a nicer polish. During the five succeeding years, nothing having prospered according to my satisfaction, I grew indifferent to the subject; and with many eminent men, and even the vulgar, began to deplore the

healing art, as altogether uncertain and incomprehensible. All this time passed away without the acquisition of any advantage, and without that which, of all things, is most agreeable to the mind—the light of truth; and so great a portion of the short and perishable life of man was totally lost! Here I was, at this period, in the situation of a traveller in an unknown country, who, after losing every trace of his way, wanders in the shades of night."

Dr. Brown's experience probably differs in only one particular, from that of every student of the theories of medicine, and that is, he spent seventeen years longer than is customary, to obtain authority to kill according to law.

Dr. Rush says, in his lectures in the University of Pennsylvania, "I am insensibly led to make an apology for the instability of the theories and practices of physic. Those physicians generally become most eminent, who soonest emancipate themselves from the tyranny of the schools of physic. Our want of success is owing to the following causes,— 1st. Our ignorance of disease, of which dissections daily convince us. 2nd. Our ignorance of a suitable remedy, having frequent occasion to blush at our prescriptions."

Had not Rush so soon fallen a victim to his own favorite practice of bleeding, he would unquestionably have laid a foundation for medical reformation, that would ere this have swept away those false theories with the besom of destruction. He says, "We have assisted in multiplying diseases; we have done more, we have increased their mortality. I will beg pardon of the faculty, for acknowledging in this public manner, the weakness of their profession." He then speaks forth in the dignity of his manhood, and

from the honesty of his heart, "I am pursuing truth, and am indifferent where I am led, if she only is my leader." A man of so much benevolence and conscientiousness as the venerable Rush, could not long have reconciled his acknowledgments and practice.

DR. L. M. WHITING, in a dissertation at an annual commencement in Pittsfield, Mass., frankly acknowledges that, "the very principles upon which most of the theories involving medical questions have been based, were never established. They are, and always were, false; consequently the superstructures built upon them, were as the baseless fabric of a vision, transient in their existence; passing away before the introduction of new doctrines and hypotheses, like dew before the morning sun. System after system, has arisen, flourished, and been forgotten, in rapid and melancholy succession, until the whole field is strewed with the disjointed materials in perfect chaos—and amongst the rubbish, the philosophic mind may search for ages, without being able to glean from it *hardly one solitary well established fact.*

DR. BENJAMIN WATERHOUSE, after lecturing in Harvard University twenty years, retired, saying of all he had been so long and zealously teaching, "I am sick of learned quackery."

We have now clearly shown, by incontestible evidence, that the science of medicine, as taught in the schools of physic, is based on no established principles; and therefore, must be false in theory and destructive in practice. Can the object of medical science be accomplished by these theories, while all admit it to be the prevention and cure of disease?

## CHAPTER III.

### THE EFFECT OF THE REMEDIES USED BY THE MEDICAL FACULTY.

Notwithstanding the darkness, uncertainty and doubt in which medical science is involved — its incapability of answering the desired object of such a science; if its remedial agents were innocent there would be in much less occasion for a reform than there now is. Should we see a blind man armed with a pistol, shooting into a group composed of friends and enemies, should we not suppose he would be as likely to kill his friends as enemies? Equally as liable is the physician, armed with deadly poisons, administered without any certain criterion to guide him in their use, to kill nature instead of disease, or kill more than he cures.

The most common remedies used by the faculty, are Mercury in some of its forms, Antimony, Opium, Bleeding, and Blistering.

MERCURY, or the ore which contains it, abounds in China, Hungary, Spain, France, and South America; and of all the metals used as a medicine, is the most extensively used — there being scarcely a disease against which some of its preparations are not exhibited.

CALOMEL, a preparation of Mercury, is said to be the Sampson of the *Materia Medica*, and, as another has expressed, has destroyed more Americans than Sampson did of the Philistines.

DR. POWELL, formally professor in the Medical College at Burlington, Vt., in a letter to Dr. Wright of Montpelier, says: "It is to be hoped the time is not far distant, when all deleterious poisons

will be struck from our *Materia Medica*. It is my opinion, calomel or mercury has made far more disease since it has been so universally exhibited, than all the epidemics of the country. It is more than ten years since I have administered a dose of it, although I have been daily in the practice of physic, and I am sure I have been more successful in practice than when I made use of it. The last dose I had in the house, I gave to some rats, and it as radically killed them as arsenic."

Dr. Powell, having administered calomel for many years, could not have been mistaken in regard to its effects.

DR. CHAPMAN, Professor in the University of Pennsylvania, after speaking of the extravagant use of calomel at the South, says: "He who for an ordinary cause resigns the fate of his patient to mercury, is a vile enemy to the sick; and if he is tolerably popular, will, in one successful season, have paved the way for the business of life, for he has enough to do ever afterwards, to stop the mercurial breach of the constitutions of his dilapidated patients."

DR. GRAHAM, of the University of Glasgow, says: "We have often had every benevolent feeling of our mind called into painful exercise, upon viewing patients, already exhausted by protracted illness, groaning under accumulated miseries of an active course of mercury, and by this farce deprived of perfect restoration. A barberous practice, the inconsistency, folly and injury of which no words can sufficiently describe."

Dr. ROBERTSON, of Cincinnati, says in his lectures: "It is astonishing and will remain an astonishment to future generations, that the very rankest poisons are the greatest remedies now in

use in the world, and have been for the last fifty years past. It would be a melancholy tale could it be told of the millions who have perished through this practice."

Prof. WATERHOUSE says: "When calomel is pushed to a salivation it delipitates, if we may so speak, or dissolves the human fluids, all of which are made of globules or round particles on the crasis of which depend the vital energy of our bodies and of course our health and vigor.—After the hazardous process of salivation, the physician may, perhaps, be able to say—now I have so far changed the morbid state of the patient, that his disease is conquered, and entirely overcome by the powerful operation of the mercury. But then in what condition does he find the sufferer? His teeth are loosened, his joints are weakened, his healthy countenance is impaired, his voice is more feeble, and he is more susceptible of cold, and a damp state of the weather. His original disorder is, to be sure, overcome, but it is paying a great price for it. Secret history conceals from public notice innumerable victims of this sort."

Prof. BARTON, of the Medical College of Louisiana, says of the tomato, "I freely wish it success, after having witnessed, for sixteen years, the horrible ravages committed by calomel."

The administration of calomel, to be safe, depends on circumstances beyond the knowledge of the prescriber; therefore, he who administers a dose of calomel, under any circumstance, strikes a blow in the dark, the result of which will be exhibited too late to be remedied.

ANTIMONY, says Hooper, is a medicine of the greatest power of any known substance; a quantity too minute to be sensible in the most delicate

balance, is capable of producing violent effect.—Tartar Emetic is a preparation of antimony commonly used by the faculty as an emetic. A Mr. Deane, of Portland, Me., was poisoned to death a few years since, by taking a dose of Tartar Emetic through mistake; had it been administered by a physician, his death would have been attributed to some fatal disease. It is said that Basil Valentine, a German monk, gave it to some hogs, which, after purging them very much, fattened; and thinking it might produce the same effect on his brother monks, gave them each a dose, who all died in the experiment; hence the word is derived from two Latin words, *anti*, against, and *monas*, the monks.

OPIUM is obtained from Turkey and East India. It is the most common article used by those who wish to shuffle off this mortal coil, to accomplish their object. In the form of paregoric it is used to quiet children, and thousands have no doubt been quieted beyond the power of being disturbed. It does not remove the cause of disease, but relieves pain by numbing sensibility.

BLISTERING. This practice, though not so fatal as bleeding, is evidently as inconsistent and more tormenting. In some isolated cases, blisters may produce an apparent good effect, but the amount of injury is so much greater than the amount of good accruing from their use, that they may well be dispensed with.

BLEEDING. Blood-letting was introduced as a frequent remedial agent, by Sydenham, in the early part of the 16th century; since which time it has consigned millions to the tomb, and cut off the fond hopes of many a tender parent, affectionate husband and wife, and dutiful child.

Dr. J. J. STEELE, a member of the medical fac-

ulty of N. Y. says, Bleeding in every case, both of health and disease, according to the amount taken, destroys the balance of circulation, and robs the system of its most valuable treasure and support. This balance must be restored and this treasure replaced, before a healthful action can be complete in the system.

Dr. REID says: If the employment of the lancet were abolished altogether, it would perhaps save annually a greater number of lives, than in any one year the sword has ever destroyed.

Dr. BEACH, a member of the Medical Society of N. Y., says, Among the various means made use of to restore the sick to health, there is none so inconsistent and absurd as blood-letting. Those who were so unfortunate as to fall victims to disease were doomed to suffer the most extravagant effusion of blood, and were soon hurried to an untimely grave.

Dr. LOBSTEIN, late physician of the hospital and army of France, reprobates, in strong terms, the use of the lancet. He says, During my residence of 14 years past, in this happy land of liberty and independence—the U. States—I am bound to say that in all my practice as a physician of 27 years, never have I seen in any part of Europe such extravagance of blood-letting as I have seen in this country. It is productive of the most serious and fatal effects—a cruel practice—a scourge to humanity. How many thousands of our fellow creatures are sent by it to an untimely grave? How many parents are deprived of their lovely children? How many husbands of their wives? How many wives of their husbands?—Without blood there is no heat—no life in the system. In the blood is the life. He who takes

blood from a patient, takes not only an organ of life, but a part of life itself."

This testimony of Prof. Lobstein, is deserving the consideration of every individual, on account of his high standing in the medical profession, and his opportunity of judging from experience and observation of the effects of blood-letting.

Dr. THATCHER, a celebrated medical author, says, "We have no infallible index to direct us in the use of the lancet. The state of the pulse is often ambiguous and deceptive. A precipitate decision is fraught with danger, **AND A MISTAKE MAY BE CERTAIN DEATH.**" Here is a tacit acknowledgment that the most discriminating and cautious physician cannot decide when bleeding is safe, and he has no certain criterion by which to decide, whether bleeding will relieve his patient — place him beyond the reach of a cure or immediately destroy life. Well may such a science of medicine be called the science of guessing.

Think of man within the short space of twenty-four hours being deprived of eighty or ninety ounces of blood, taking three portions of calomel, five or six grains of tartar emetic, and blisters applied to the extremities and the throat. *Such was the treatment of the illustrious Washington.* Him who was first in war, first in peace, and first in the hearts of his countrymen. To have resisted the fatal operation of such herculean remedies, one would imagine this venerable old man should have retained the vigor of his earliest youth.

Says Magendie, an eminent French physiologist, "I assert, then, loudly, and fear not to affirm it, that *bloodletting* induces, both in the blood itself and in our tissues, certain modifications and pathological phenomena which resemble, to a

certain extent, those we have seen developed in animals deprived of atmospheric oxygen, of drink, and of solid food. You shall have the material proof of the fact. Here are three glasses containing blood drawn from a dog on three different occasions, at intervals of two days. The animal was in good health, and I took care to supply him with abundance of nourishing food. In the first glass you see the serum and clot are in just proportion to each other. The latter, which is perfectly coagulated, forms about four fifths of the entire mass. This specimen of blood, consequently, appears to possess the desirable qualities. Now turn your attention to the second glass. The animal was still well fed when its contents were drawn, and yet you perceive an evident increase in the quantity of serum. The clot forms, at the most, only two thirds of the whole. But here is the produce of the third venesection. Although the animal's diet remained unchanged, we find a still greater difference.—Not only is the proportion of serum more considerable, but its color is changed. It has acquired a reddish yellow tinge, owing to the commencing solution of the globular substance."

"It seems demonstrated by Magendie's experiments that the blood must be constituted in a particular manner—that the ingredients must be in just proportion to each other, in order that the blood properly circulate through all the tissues and form healthy nourishment instead of disease. For instance, a certain degree of viscosity is requisite for the circulation of our blood through the various organs. If this is wanting, the blood will become infiltrated into the parenchyma of the lungs, &c. Now it is manifest that if hemorrhages increase the serosity of the blood, as

Magendie has proved, the various tissues cannot be properly nourished and maintained in health where this state of serosity has been induced by the abstraction of blood, in whatever manner the blood may have been removed.

Again, an undue viscosity of blood hinders the circulation; the molecules sticking by the way, and blocking up the vessels, as Magendie remarks, like blocks of ice in the streams. Now is it not plain that the abstraction of the serum will produce this undue viscosity and consequent disease? But are practitioners aware that the indiscreet use of drastic medicines and blisters operate to remove the serum in large quantities? Are they aware that in those individuals who have induced disease by patent drastic medicines, one great cause of the disease is the viscosity of the blood? Physicians, I had almost said above all other men, ought to *think*. They should never rest contented without investigating the causes of disease. I was pleased with an expression of Magendie, that those medical men who blindly follow a regular routine of practice, *have eyes that they may not see.*"

If it was a fact, that the science of medicine that teaches the doctrine, that the most powerful poisons are the best medicines—that drawing from man his heart's blood is the best way to restore him to health when sick, is based on the immutable principles of truth, and proved itself true by the practice, then we should be bound to admit its principles, however inconsistent they might appear. But if there is a shade of doubt resting upon our minds, let us rather trust to the unassisted, and undisturbed powers of nature, than to remedies that require the banishment of reason from her throne, before a thinking man

can consistently use them. Give a sick man poison, that we have positive evidence will destroy the life of a well man, to cure him? Take from a feeble man his blood, on which his little remaining strength depends, to strengthen him? Does not appear reasonable, or does it carry with it the evidence of its truth, by immediately curing the sick, or strengthening the weak?

There is not, in my opinion, and I am not alone in that opinion, to be found, in all the superstition and ignorance of this or any previous age, a more complete inadaptedness of means to ends, than the old school system of medical practice to cure disease. As consistently might we attempt to heat an oven with ice, put out a fire with alcohol, or fatten a horse with grindstones or shingle nails.

It is now the wonder of the more enlightened of the present generation, how the belief in witchcraft could have obtained among the most learned of the 16th century. So it will be the wonder of future generations, that their forefathers of the 16th century, should be so hoodwinked, as to swallow down deadly poisons, be bled, blistered, and physicked: sacrificing their own common sense, for the pretensions of a class of men, whose gain depended on the ignorance of the people of the result of their remedies.

Are there not, besides, a sufficient number of influences brought to bear upon mankind to drag them down to the grave. Is not alcohol slaying its thousands? war its millions? and the transgression of the physical laws of nature in food, exercise, and dress, its tens of millions? Why, then, should Pandora's box be opened for another outlet for human life!

## CHAPTER IV.

### THE HOMŒOPATHIC SYSTEM.

As this system of practice is different in many particulars from the Allopathic or old school system, and is gaining the attention of the American people, it may be expected that we should give it a passing notice.

Dr. Samuel Hahnemann, of Germany, the author of this system, was formerly a physician of the old school, and was said to be a man of talent and learning. Like many of his predecessors, after wandering in the shades of night for many years in search of truth, he deplored the healing art as altogether "uncertain and incomprehensible." He saw the danger of striking at random with such deadly weapons as mercury, antimony, opium & co., and therefore labored to prove that the ten millionth part of a grain of calomel was better than 250 grains. This one fact he has clearly proved, and we challenge the world to refute it, that the patient who takes infinitesimal doses of poison will recover sooner, and be less injured, than the patient who takes large doses. Another fact can as easily be proved, that the patient who takes no poison does better than either.

The views entertained by Hahnemann of disease and the method of cure, are original, and remain yet to be proved. The distinguishing features of his system appear to us visionary, and the remedies inefficient, but generally harmless. The fundamental principle is, that in all diseases we are to use a medicine in small doses to cure a

disease, that will produce the same symptoms as are manifested by the disease we wish to cure, and that a medicine can be made to operate on the particular portion of the system designed, by the prescriber, without effecting any other portion.

The position taken by the advocates of Hahnemann's system cannot be successfully defended, there being too many well established facts in contrariety to it. But however much the old school physicians may *ridicule* this system, the light of truth now dawning upon the world will show, that the consequences of *their* system, (the Allopathic,) are too *serious to be ridiculed*. While Hahnemann may divert the patient, with his grain of calomel, mixed with a barrel of sugar, and a grain of the compound divided into infinitesimal doses, requiring him to regard the physical laws of his nature in food, exercise, &c., allowing nature all her power to contend against disease; the old school physician lifts his fatal club and strikes at random, the force of which oftener comes on the head of the only healing principle that exists in man, termed nature, than on his enemy, disease. Much good therefore may result from this system of practice, in the present benighted state of the world on all medical subjects, by diverting the patient while nature effects a cure.

A large majority of the Homœopathic physicians are seceders from the old school, and condemn in unqualified terms the extravagant use of poisons, bleeding, blistering, and physicking; having themselves seen enough of their destructive effects, to arouse their better feelings, and lead them to adopt a system more in accordance with humanity. Although we differ from them in theory and practice, we cannot but respect them for

the uncompromising stand they have taken against the pernicious practice in which they themselves were once engaged, and to remove which they have sacrificed their standing with the medical faculty, been cast out from their society, and are now the objects of their ridicule.—An enlightened community will do them justice, which is all we presume *they* ask.

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## CHAPTER V.

### HYDROPATHY, OR THE COLD WATER CURE.

There is no individual who appreciates the value of cold water, both as the most natural and healthy drink for man and beast, and as a valuable remedial agent, than we do; but we are not prepared to admit that it will accomplish every indication in the cure of disease.

A hospital has been recently established at Graeffenberg, by Vincent Preissnitz, who makes no pretensions to book learning or a knowledge of medicine. He treats all forms of disease with cold water alone, internally and externally, with a success that is perfectly astonishing. It has been stated on good authority that out of 7600 patients, the most of whom had applied to nearly every other source for relief, he has lost but thirty-six.

But little is known in this country of his method of applying this valuable remedial agent.

Mr. Henry C. Wright, of Boston, a distinguished anti-slavery and peace lecturer, is now receiv-

ing the treatment, and writes thus to the editor of the *Liberator*:

"I have been here under the water-cure nine weeks. During that whole time, the weather has been extremely cold — so cold that ice has formed around my bath, into which I plunge twice a day ; and ice, at this moment, hangs around the *Douches*, in masses from ten to fifteen feet in length, and larger than a man's body. During the whole of the nine weeks, we have not had more than fifteen days of fair weather, put it all together. Tempests that come howling down from the Bohemian mountains, which lie to the South some fifteen or twenty miles, sweep over Graeffenberg with great fury —driving the snow in clouds before them, till they are lost on the plains of Prussia, that are open before us on the North. The people say the winter has been uncommonly severe. It requires the constant exercise of a desperate resolution to carry on the *cure* amid such snows and ice.— With such a temperature, to have our bodies packed up, twice a day, in a sheet wrung out of water, whose temperature is down to freezing—(last evening, the sheet in which I was packed, three minutes before I saw spread out on the snow before my window, frozen stiff as ice)—to lie in that wet sheet till I get warm, and then go down into a bath-room, often full of snow and ice, and there throw all off, and smoking, plunge into that dreadful bath, and stay in it one or two minutes—then to be rubbed dry, and have a long wet bandage tied around the whole body—then dress, and go out and face these fierce, howling tempests, the snow all blowing into your eyes, ears, hair, neck, and bosom ; and then to have to sit down in cold water, and there sit 15 minutes

at a time—sure, such a fearful process must *kill* or *cure*. Strange to say, not one here seems to have the least fear of the former. It kills no one—it invigorates and strengthens all, and produces a pretty thorough indignation in each at himself, that he should ever have subjected his body to the healing process generally pursued by the medical faculty. I am certain that the process—though so fearful that I almost catch my breath and shiver all over to think of it—has done me great good.

"I told Preissnitz, at the outset, that my disease was on my lungs—that my lungs were ulcerated some—and that I had thrown putrid matter from them—and he at once subjected me to this process. I was afraid, at first, how it would go; but Preissnitz had confidence in his prescriptions, and so have I, *now*. He has not yet put me under the Douche, and will not till the weather is milder. Sure I am, that all the morbid matter secreted in my system, has been put in motion—not indeed yet routed out of the system, but routed from any particular location in the system; and sure I am that, by the time I have gone through the ordeal enough, these morbid secretions will be entirely expelled from the body. The settled cough that I had, seems to be broken up entirely. I do indeed, now and then, get a little cold, as do all the patients, but the cold don't seize upon my lungs as colds used to do.—And, besides, no one here seems to have the slightest fear of a cold, for the simple reason every one feels that there is here a certain and speedy remedy at hand. A few hours break it all up, and scatter it to the wind. So of fever—no one here seems to have the least fear of fever, because every one feels an entire confidence in cold water

as an antidote. From what I have seen here, I can never again doubt that the fiercest of fevers are harmless, being absolutely under human control. Recently, we have had two cases of most malignant fever. One was a man, taken with a nervous, raging fever. In three days, the fever was entirely routed, and in a week, the man appeared again in the saloon, eating like a ravenous wolf whatever he liked ; and though he looked thin and was weak, yet, you might have seen him out breasting the storms, which, in his weakness, would near tip him over at times. Four days ago, a woman who had taken cold during the day, and was not aware of the enemy lurking in her, was seized in the night with a most violent fever. I saw her in the morning, and she looked exactly like a person in scarlet fever. A wet sheet was at once wrapped about her whole body, and changed and wet again every twenty or thirty minutes. This was pursued about 20 hours, and water was applied in other ways.—The next day, I saw her up and dressed, and looking as well and eating as hearty as usual.—Not a particle of medicine was administered. I do not believe that out of the 300 patients now here, or out of several thousands that have been here, there is one who has the least fear of fevers or colds. Each seems to feel that, so far as fevers and colds are concerned, a certain remedy is always at hand. I do think it is the duty of all who have young children, to learn to apply this remedy. How many diseases in little children originate in colds !

"You would be amused to look into our saloon at meal times, especially at our dinners. Remember this is a *Hospital* for all nations. Some fifteen nations are now represented in the saloon

— come here to be cured of diseases that have generally been given over, or nearly so, by the medical faculty. To see them at the table with ravenous appetites, eating food of the coarsest and plainest kind — food that many of them would hardly have felt easy to set before their servants at home; to see their countenances — to see them rubbing their hands to keep them warm, (for but little artificial heat is allowed to enter the saloon,) — to see them racing up and down the saloon between dishes, (for at dinner we generally have three dishes,) — you would not dream that these people were on the sick list of mankind. *Hope* is the expression of every face — despair has no place in Graeffenberg. As for the *crisis* — every guest here longs for a crisis. No one fears it — no one pities you if you have one — all would rather envy you, congratulate you on the success of your cure, and earnestly covet the same blessing for themselves! And the more severe the crisis, the more certain and effectual the cure. Such is the feeling respecting the crisis. It is considered the dying gasp or groan of the disease. The *disease* is the enemy in the system to be rooted — *cold water* is the defender of the system; the disease the invading enemy. The enemy obtains a lodgment in the citadel — the body. Cold water seeks to drive him out — pursues him round and round the system. The enemy, now in the head, now in the chest, lungs, heart, stomach, legs, feet, hands, here and there, every where, seeks a refuge from his terrible foe, cold water, till he can find no rest for the sole of his foot in the body, and then he darts out through the skin, smashing right through wherever it may chance to be, and away he goes in a crisis! and the body is saved alive

and well. It is really accounted a blessing to have a powerful crisis, by all the cure guests.

"Vincent Preissnitz is certainly an extraordinary man — has a countenance on which one loves to look — a man of unpretending simplicity, of quiet look and demeanor, but of dauntless resolution and unyielding firmness. If a patient puts himself under his control, and he assumes the responsibility of the case, the patient must conform. He is a man of very limited *book* learning — pretends to none, has none — says but little to his patients — has no *theory* at all — and would be probably incapable of giving a written account of his system. Cold air and cold water are the only remedies with which he attempts to combat disease, and he does not pretend that he can cure *all* diseases with these. But he makes his patients *work* for health. We can't sit down in an easy chair, or stretch out on a soft sofa, in a warm room, with a warm wrapper gown on, and take little *nice* things, and be petted and comforted, and all that! No — we have to work, work, work — no rest day or night — have but little heat, and *no* comforts at all, (comfort is unknown here, in any thing.) Our food is plentiful, but of the coarsest kind — no tea, no coffee, no condiments but *salt* — milk and cold water for drink; dry, stale rye bread, butter, boiled beef, soup, &c., for food. To *cut* our rye bread is a labor of no small magnitude, and each must cut for himself; and to see Barons, Counts, Princes, Cavaliers, Priests, Generals, Doctors, and what not, all mixed up together, cutting and gnawing away at this coarse food, like hungry wolves — you would suppose that the genius of famine had come forth from the desert of Sahara, and was at our table. Just at present, I have a perfect *hy-*

*dropobia.* I have a horror of cold water. I can't get warm. But I am told it is a good sign ! Oh, dear me ! Weakness, low spirits, shiverings and shakings, fever, headache, tooth-ache, and every other ache, a good sign ! Well, *I know my lungs are getting well. Farewell !*"

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## CHAPTER VI.

### THE THOMSONIAN SYSTEM.

This system of Medical Practice, unlike all other systems, is the result of experience. Facts were first established, and then a theory based on such facts. Without facts it is as impossible to establish a correct theory as to commence building a chimney at the top. There would be no difficulty if the first brick could be made to stick. So in Medical Science. Establish one important fact and you have a foundation on which you may build with safety.

Dr. Thomson, the author of the system that bears his name, was altogether unacquainted with the prevailing theories of medicine. His mind was therefore untrammeled. If, as Dr. Rush has said, those physicians become most eminent who soonest *emancipate* themselves from the tyranny of the schools of physic; was it good reason why Dr. Thomson could not be a reformer, because he had never been enslaved by these theories ? He took reason and common sense for his guide, and established every principle by long

experience. It was the inefficiency of the regular practice that induced him to turn his attention to the subject of medicine. His children were attacked by disease, a regular physician was called, exhausted his skill, and abandoned them to the cold embrace of death. At this critical period, Dr. Thomson resolved to call into exercise his own judgment in the use of such remedies as he had become acquainted with in his earlier days. Necessity is the mother of invention. He applied these remedies and succeeded beyond his most sanguine expectations. All of them recovered under his treatment, besides his companion who was given up by five physicians.

In this simple manner originated a system of Medical Practice, based on the immutable principles of truth, that has saved thousands of suffering human beings from the jaws of death, who had been abandoned by the medical faculty to die. It soon became a topic of conversation, in the region around, that Mr. Thomson, an illiterate farmer, had cured five of his family after the doctors had given them up to die. Soon he was called to administer to his neighbors after all other remedies failed, and such universal success attended his practice, that his name and unexampled success were soon known abroad: and so numerous were his calls to attend the sick that he was under the necessity of relinquishing his farm and devoting himself exclusively to the practice of medicine. We now find the illiterate farmer a doctor—a graduate of the school of nature, with almost universal success for his diploma.

Little did he think, when he yielded to the pressing requests of the suffering and dying, to administer to their relief, that he should call

down upon his head the curses and denunciations of the whole medical faculty, whose craft they now saw to be in danger. But he soon fully realized that the sentiment of the celebrated Dr. Harvey was true — “that he who attempts a reform in medicine, runs the risk of the sacrifice of his life, reputation, and estate.” Such was his success in curing the incurables of the faculty, that their indignation was aroused against him, and poured on his devoted head without mercy. Every means within their power were used to destroy him and his followers. If one in a thousand of his patients died, although they might have been incurable when he commenced upon them, he was charged with murder, and in one instance was prosecuted and put into prison. Notwithstanding the deep-rooted prejudice, and time-honored usages of the people, and the hellish animosity and unprecedented persecution of a profession whose influence was almost omnipotent, Thomsonism has flourished and progressed until its remedial agents have found admittance into nearly every hamlet and mansion in the United States.

## CHAPTER VII.

### THE TESTIMONY OF OLD SCHOOL PHYSICIANS IN ITS FAVOR.

Notwithstanding the medical faculty as a body violently persecuted Dr. Thomson, and ridiculed his system of practice, some of the most candid and humane had the magnanimity to express their conviction, that his system was far more philosophical than their own.

Among the first and most unwavering of the friends of Dr. Thomson, was Prof. Waterhouse, of Harvard University. He says in a letter to the Editor of the Boston Courier, "I remain firm in the opinion that the system and practice of Dr. Thomson is superior to any now extant; for by his remedies, as much can be accomplished in three or four days, as can be done by the regular system in as many weeks, and that too without injuring the patient."

Dr. THOMAS HERSEY, too, of Columbus, Ohio, an eminent physician and surgeon, who was surgeon in the U. S. Army during the last war; after thoroughly investigating Dr. Thomson's system, publicly renounced a system he had practiced forty years, and adopted the more philosophical system of Thomson. He says, "More than forty years of life have been devoted to the ancient or regular practice. Ten years have been spent in ascertaining the claims of the Thomsonian system. A partial learning was the first step, and the result was a mixed practice, which I found could not succeed. I found I must be a Thomsonian altogether, or abandon the cause.—

The result has been, that thus resolutely pursuing this course, I became astonished at its success. This outrivalled anything with which I had ever been acquainted in private practice or in my former official capacity as Surgeon in the United States Army, or any public or private station I had ever been called to fill."

Dr. SAMUEL ROBERTSON, of Cincinnati, Ohio, who pursued his studies in England, and afterwards under the celebrated Dr. Rush, of Philadelphia, says: "I have renounced the depleting and poisoning system altogether; and hereafter, from this day, my life shall be spent in diffusing a knowledge of the superiority of the Thomsonian system, however much I may be abused by my former brethren."

Dr. W. K. GRIFFIN, of Clinton, N. Y. also embraced this system. He says: "After having attended three courses of lectures at the college of physicians and surgeons, at Fairfield, and obtained the Degree of Doctor of Medicine, I commenced using calomel, opium, and the like, with the most unshaken confidence. Frequent failures I was wont to attribute to the inveteracy of the disease. But experience soon taught me a different lesson. I had frequent occasions to notice, that when circumstances prevented the administration of the popular remedies, nature performed a cure much sooner, and left the patient in a more favorable condition, than in cases where the scientific medical books were followed. I communicated this discovery to my confidential friends in the profession, and found to my no small surprise, that many of them were equally conscious of the fact. 'But,' said they, '*the people love to be deceived, and in this respect it promotes our interest to accommodate them.*' They

call on us to prescribe, and by crying down our own medicines, we should at once throw ourselves out of business.' "

" Though I had always possessed the strongest prejudice against that class of men vulgarly called steam doctors, yet testimony in their favor had at length become so abundant, that I was forced to relinquish in some measure my preconceived opinions, so far at least as to give their system a fair investigation. When I entered upon the Thomsonian practice, I was convinced that it possessed rare virtues, yet it was natural for me to suppose that those virtues had been much exaggerated by the friends of the system. But in this respect I was happily disappointed, for I discovered, as my practical knowledge of the system increased, that half its virtues had not been told."

STEPHEN DEAN, M. D., of Hamburgh, N. Y., who was seventeen years a "regular," in giving his reasons for renouncing the old system and embracing Thomson's, says: "I tried the same remedies upon myself that I used upon my patients, and they nearly ruined me, and I accordingly threw away my lance, and all my poisonous drugs, and adopted the safe, simple and efficacious system of Dr. Thomson."

We could fill this volume with the encomiums of those who have practiced many years on the old school system, who have renounced the same and become thorough-going Thomsonians; but enough have already been introduced, to show that the advocates of Thomsonism are not all an illiterate, ignorant class of men. About three hundred more might be added, whose testimony would be in accordance with those whose names we have inserted, who have spent the usual time

in studying the works of the Faculty—attended Medical Lectures, and practiced many years, poisoning people well. After a thorough and candid examination of the Thomsonian system, with all their prepossessions against it, and a trial of its remedial agents, in all the different forms of disease, they were compelled by the force of evidence, to abandon their poisoning system, and adopt one more in accordance with nature, reason, and common sense. Thousands of others have adopted a mixed practice to secure the patronage of all parties.



## PART II.

### CHAPTER I.

#### HEALTH.

*Health—the poor man's riches and the rich man's bliss.*

A state of health consists in the power of all the different organs to perform in an easy and regular manner, all their proper offices. This state, on which our happiness so much depends, is the legitimate result of a correct mode of living. The man, woman, or child, who daily transgresses the physical laws of their nature, can no more expect to be healthy, than they can expect to breathe without air or live under water.

Ask the man who has not been free from pain a single day for a series of years, what he considers the greatest earthly blessing, and he will tell you, health. When deprived of this, all nature wears a gloomy aspect. The glistening sunbeams—the opening flowers—the green clad trees—the rippling streams—or the soul-cheering notes of the feathered songsters, have for him no charms. The aching head, the hacking cough, and the hectic flush, admonish him, that soon he must close his eyes on all things earthly. Then it is he looks back with sorrow and deep remorse on a life spent

in constant violation of the laws of nature, the result of which is always to produce misery and disease in proportion to the extent of those violations.

Thousands there are, who are this moment rolling in wealth, who would give a quit-claim deed of all creation, and place themselves in the condition of the man who depends on his daily labor for his daily bread, if they could enjoy perfect health.

If health be thus valuable, that the miser will pour out his gold, the epicure give up his sumptuous fare, and the young lady bid defiance to the life-destroying fashions of the age, that they may obtain it when lost, is it not worth preserving?

*How then can we preserve our health?* Here is a question of more importance than any other of the great questions that are now agitating the world. Any question or enterprize, having for its object the accumulation or preservation of wealth, would weigh as little in comparison with this, as the bubble in the opposite scale with the mountain. It may be argued that health is a blessing conferred upon us by divine Providence, and He continues or destroys it according to His own pleasure, without any agency of our own. This doctrine has prevailed to an alarming extent, and has been sanctioned by those who profess to know more about the mysterious dealings of Providence than they do the physiological laws of our nature. Is it not the height of injustice to charge upon Him whose "tender mercies are over all the works of his hands," our own folly? He, in infinite wisdom and goodness, has established certain unchangeable laws, by which all matter, animate and inanimate is governed. Obedience

to these laws secures to us health and all its blessings with as much certainty as obedience to moral laws secures peace of mind.

The following remarks on health, are from the pen of O. S. Fowler, who combines in his writings sound reason and a firm and fearless advocacy of unpopular truths. He attacks the inconsistencies and physiological errors of the age with the spirit of a Luther :—

“Those who are always well, do not realize how much pleasure they enjoy thereby, and those who sell a life of happiness for a momentary gratification, or a careless exposure, the folly of Esau bears no comparison with their folly, and not unfrequently, a life of bitter repentance is insufficient to atone for a single act of indiscretion.

“In one light more, let us consider the value of health—that of its *pecuniary* advantages.

“How *expensive* is sickness, and how handsome a property is health? Let the man who is comfortably off in this world, be sick, and have to pay a doctor’s bill of a hundred dollars, and a nurse’s bill of another hundred, meanwhile, his family expenses are going on continually, perhaps rent, and those thousand items of expense to which sickness subjects him, and a handsome property, all he has been able to earn perhaps in twenty years, vanishes in a single year; but let that same man have health, and he can *augment* that property, besides enjoying himself as he goes along through life, and making his family happy. Let a child, or a wife, be sick, and those only who have had extensive observation or else experience, can count its expense in *dollars and cents merely*, to say nothing of the anxiety, watchings, gloom, and a whole swarm of bad

feelings in which the whole family is thereby enshrouded.

“As the best means of *making money*, then, *preserve your health*.

“As the best means of enjoying *animal life* merely, *preserve your health*.

“As the shortest, surest, and *only* road to *greatness*, *preserve your health*.

“As the principal means of promoting the best interests of men and *doing good*, *preserve your health*; for what good can you do while prostrated on a sick bed, and tortured with pain?

“As a means of *acquiring knowledge*, *preserve your health*.

“To prevent the unnatural, and to secure the natural, exercise of the mental faculties, that is, to be *virtuous*, and avoid occasions for sinning, *preserve your health*.

“As the most efficacious, if not the *only* means of securing any of the legitimate ends of life, mental, moral, or physical, *preserve your health*. This is the alpha and the omega, the middle and both ends, the warp, woof, and all of life,—of human beings,—of man.”

\* \* \* \* \*

“Perfect health requires that the animal functions should be *proportionate* each to all the others—that there should be as much exercise of muscle as there is of the brain and mind; and as much respiration as there is action of either, and then as equal proportion of *respiration and circulation*.”

“The plain inference drawn from this principle, that the principal temperaments and functions of our nature require to be *equally balanced*, is that mankind should exercise his muscular system by labor, or being on foot in the open air,

about one third of the time; should eat and sleep, (that is, lay in his re-supply of animal life,) about one-third of the time; and exercise his brain in thinking, studying, &c., about the other third of his time—*each day.*” \* \* \*

“I fully concur with Jefferson’s opinion that mankind have probably *lost* more by subduing the horse, than they have gained by his labor. Riding in carriages, is so easy, so luxurious, to the dainty belle, that all classes are, as it were, *horse crazy*, and by shifting all their burdens, and most of their locomotion, upon the horse, they stand in the light of their own muscular action, which bids fair soon to be obliged to employ horse-power, (or perhaps steam-power,) with which to *breathe* and *eat.*” \* \* \*

“Let us open our eyes upon what we see daily and continually in our city. See that young merchant, or lawyer, or clerk, or broker, whose business shuts him up all day in his store, or at his desk, till his circulation, digestion, cerebral action, and all the powers of life are enfeebled; walk merely from his door on to the side-walk, possibly one or two blocks, and wait for an *omnibus* to carry him a few blocks farther to his meals or bed! One would think that, starved almost to death as he is for want of exercise, he would embrace every opportunity to take exercise, instead of which, he embraces every opportunity to *avoid* it. As well avoid *living*, which indeed it is. And then too, see that delicate, fashionable lady, so very prim, nice, refined, delicate, and all this besides much more, that she does not get out of doors once a week, order her *carriage* just to take her and her pale-faced, sickly child, to *church* on Sunday, because it is two or three blocks off—too far for them to *walk.*” \*

"And what shall we say of those who sit and sew all day, or work at any of the confining branches of industry that preclude the exercise except of a few muscles, and perhaps keep themselves bent over forward on to their stomach, lungs, heart, bowels, and over eat at that ! Oh ! when will man learn to live—learn by what constitutional laws he is governed, and how to obey these laws ? When *Physiology and Phrenology* are studied ; never till then.

"Fly swifter round ye wheels of time,  
And bring that welcome day."—WATTS.

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## CHAPTER II.

### DISEASE.

Medical theorists have arranged diseases into different orders, classes, and kinds, according to their symptoms, giving to each, a different name, and recommending for each a different mode of treatment. This course has involved the practice of medicine in darkness, perplexity and doubt. No physician can decide for a certainty, what organ is primarily affected, or what name to give the disease. He must therefore do nothing until the symptoms are so far developed as to enable him to give it a name, or lift his club and strike at random.

Said Dr. Abercrombie, a distinguished physician, "I am under the necessity of acknowledging, that since medicine was first cultivated as a

science, a leading object of attention has ever been to ascertain the characters and symptoms, by which particular internal diseases are indicated, and by which they are distinguished from other diseases, which resemble them. But, with the accumulated experience of ages bearing upon this important subject, our extended observation has only served to convince us how deficient we are in this department, and how often, in the first step of our progress we are left to conjecture. A writer of high eminence, Morgagni, has even hazarded the assertion that persons are the most confident in regard to the characters of disease, whose knowledge is most limited, and that more extended observation generally leads to doubt."

Disease is nothing more nor less than a deviation from a state of health: consisting in, or depending on, an obstruction or diminution of the vital energies; exhibiting different symptoms according to the extent of the deviation, the importance of the organ affected, or peculiar state of the person coming under influences capable of producing a state of disease.

He who does not enjoy perfect health is more or less under the influence of disease; the cause of which being continued, disease progresses, acting on different organs, deranging different functions, and exhibiting new symptoms, until the powers of nature yield, and death is the result.

A disease is either general or local, functional or organic. It is general, when the whole system is affected; and local, when it is confined to a particular part. A disease is functional, when an organ is laboring under some derangement; and organic, when there is an alteration in the structure of the organ.

## CHAPTER III.

### THE CAUSES OF DISEASE.

We stated in the first chapter that health was secured by obeying the physical laws of our nature; and in the second chapter that disease was a deviation from a state of health, or an obstruction or diminution of vital energy. The cause of disease must therefore be a transgression or violation of the laws of our nature. This violation may be voluntary on our part, with or without a knowledge of the consequences; it may be produced by circumstances beyond our control, as when we come in contact, inhale or take into our stomachs poisonous substances or gasses, or it may be, according to the proverb, "the fathers [or mothers] have eaten sour grapes and the children's teeth are set on edge," or hereditary diseases, depending on the transgressions of our forefathers.

A fruitful cause of disease is the pernicious fashions of the age, while reason and experience would lead us to obey the laws of our nature; fashion says, follow me. I will lead you into the paths of pleasure. My laws require no self-denial; eat, drink, sleep, dress, just as the fancy of my directors may dictate, which you will find pleasing to the eye and gratifying to the taste, after you have become accustomed to their use.—Disease you need not fear, as my friends, the Medical Faculty, are always ready to administer to you relief; and although they may give you poisons, calculated to produce incurable disease, you should submit patiently and kiss the rod that inflicts the fatal blow. Who would not rather

live fashionably, though it produces constant headache, debility, nervous disease, palsy, consumption, rheumatism, gout, &c., and employ fashionable physicians, and take fashionable medicines, though death is the result, than to be called a Grahamite or a Thomsonian.

To be sure, says fashion, the pleasures I offer you are but for a season, but who would not rather be respected by the rich, and flattered by all, though it lead to sorrow and death, than to live consistently and die in obscurity.

It is so refined to enjoy a social glass of wine, so beautiful to appear at church with waists of the size of a broom-handle, net-work stockings and slippers in the month of March—so delicious to eat hogs and sheep swimming in grease, rich cakes and pies, bread well buttered and washed down with strong tea and coffee—so gentleman and lady-like to lie in bed till nine o'clock, ride out at eleven, dine at three, and eat a hearty supper at ten—so exquisitely beautiful to appear abroad in curls and ruffles, cane and spectacles, with feet and waists compressed into fashionable shape, with delicate hands and unbrowned face, it is evidence that one does not have to labor for a living. “Labor!” says fashion, “the bare mention of such a thing would shock the feeble nerves of any of my followers. Labor!! never; cheat, lie, steal, rob, anything, rather than submit to work for a living. Let them do the labor who have not wit enough to get a living without, or so much of that foolish conscientiousness, that they will not cheat when they have an opportunity, to obtain the means of following me.”

Thus the following pernicious and foolish fashions is one of the most common causes of disease. The evils of fashionable life are not confined to

the rich, but the laboring portion of community have so mistaken their true interest, as to sacrifice their health and comfort, to obtain the means of imitating the rich, and also by the using those means when obtained.

*He noble is who noble does.* The farmer, mechanic, and manufacturer of that which is useful, are the true nobility. Let them, then, take their proper station in the scale of beings—establish their own customs in accordance with reason, and the laws of our nature, so that a proper amount of labor would be made attractive to all, and all be under the necessity of doing their proportion of all the needful labor—none exempt except from inability, and consequently none over-taxed or over-burdened. All would then have time and opportunity to become acquainted with the physiological laws of their nature, so as to avoid those customs and agents that bring upon them so much disease.

The cause of all disease can be clearly traced to the violation of some one or more of the laws of our nature:—

1st. By our forefathers; producing in us *hereditary taints*, such as consumption, scrofula, liver complaints, &c.

2d. Insufficient or too great an amount of *exercise*. The former producing an inactive state of the organs—the latter producing an exhaustion, in both of which states they do not perform their proper offices. The stomach ceases to secrete the necessary quantity of gastric juice to carry on digestion, the bowels are costive, the morbid agents generated in the system retained, the wheels of life clogged until exhausted nature gives up the struggle to keep in motion its machinery.

3d. Sudden changes from heat to cold or cold to heat.

4th. Eating and drinking that which is injurious in itself, or if not injurious in itself, made so by the quantity taken.

5th. Poisons, coming in contact with the surface, taken into the stomach, inhaled into the lungs, or inoculated into the veins. Such as the miasma of swamps and lakes, the bite of snakes or any poisonous reptile or animal, the inhalation or inoculation of a poison virus; as the small pox, measles, &c., taking any substance into the stomach, capable of destroying life, in small quantities, although the destruction of life may be prevented by the efforts of nature in expelling it from the system or protecting herself against its immediate destructive effect, yet rapidly diminishing the vitality of the system and dragging its victim slowly but surely to the grave.

6th. Mechanical or chemical injuries; such as wounds, cuts, burns, freezes, &c. These causes acting separately or combined on the human system, a length of time, impede the vital functions, obstruct the free operation of the organs and produce disease.

## CHAPTER IV.

### THE EFFECTS OF DISEASE.

We have said that disease was an obstruction or diminution of vital energy, caused by a violation of the laws of nature. The effects of this obstruction are various, depending on the organ obstructed or disenabled, the extent of that obstruction and the vital power existing in the system to overcome the offending causes. The different symptoms, by which the different forms of disease are characterized, are arranged by medical authors into classes or kinds, giving to each class a different name, as fever, which is subdivided into ten or twelve kinds or colors, as scarlet, yellow, &c., consumption, fits, dropsy, rheumatism, &c. These are not separate and distinct diseases, but a manifestation or effect of disease.

Fever is not a disease but the effect of an effort of nature to overcome disease. Let an individual be exposed to the cold after sweating, without any exercise, and what is the result? Pain in the head and back, cold chills succeeded by a preternatural degree of heat, pulse strong and quick. What is the cause of these symptoms? a contraction of the minute blood vessels of the surface and the pores of the skin, in consequence of which the circulation is thrown upon the large blood vessels, occasioning fulness and pain in the head, back, &c., and retention of morbid agents, occasioning an increased action of the heart and arteries. This increased action generates more heat than in a healthy state, which is retained in con-

sequence of the pores of the skin being closed, through which medium the extra heat escapes in a healthy state. This retained heat gives a name to the disease, as fever means heat. It must appear evident that this retained heat, called fever, is not the disease, but the effect of disease. Disease assumes the most dangerous forms when there is a deficiency of fever, as in low typhus fever, cholera, cold plague, paralysis, &c. Fever is an evidence that nature is active, whereas a loss of fever before the cause is removed would be a certain indication of approaching death.

The effect of disease then is to produce all those different phenomena that physicians have classed under different names, as so many different diseases.

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## CHAPTER V.

### TREATMENT OF DISEASE.

We have so long been accustomed to consider the most prominent symptom attending any form of disease, to be the disease itself, to destroy which all our efforts should be employed, that it will be somewhat difficult to present the subject in a true light, and be clearly understood.

The belief generally prevails, that each form of disease has a specific remedy, the knowledge of which may be obtained by study or experience. But I ask what specific remedy has the medical faculty discovered, for any form of disease?—

Have they a remedy for fever? If so, why let it run three or four weeks? — for consumption? if so, why so many die? — for dropsy? if so, why fail to cure in nearly every instance? — for dyspepsia? if so, why send patients to the salt water, or some fashionable place of resort? Perhaps we must admit that the four thousand years' experience and study, of the learned and wise, has made the discovery that brimstone will cure the itch sometimes; but we are not quite sure that this discovery was not made by some old lady!

The reason why so much unwearied effort — so much experimenting — so much hard study and close thinking as has been bestowed on this subject, has not led to the discovery of a cure for disease, is, that, in their eagerness to grasp some mysterious theory, far above the comprehension of the unlearned — to discover some far-fetched and dear-bought remedy; they have overlooked plain, simple truth, that lies directly in their path, over which they stumbled into darkness and error. They have trampled under feet the simple plants of Nature's garden, and ransacked the bowels of the earth for poisons that would operate *scientifically*. But so long as the physical system is under the control of established laws, so long will such remedies fail to accomplish the object of medical science, viz, to prevent and cure disease.

We have said that disease was obstructed or diminished vital action, exhibiting different symptoms, according to the extent of the obstruction, the importance of the organs affected, and the vigor of constitution, &c., caused by a violation of the physical laws of our nature; the ef-

fects of which are fever, consumption, rheumatism, &c.

One or more of the following indications should be accomplished in the cure of every form of disease, viz: relaxation, contraction, stimulation, soothing, nutrition, and nutralization. These indications assist nature in her efforts to remove obstructions, and regain lost energy.

The only remedial agents necessary to be used in the cure of any form of disease, are those that are innocent in themselves, acting in harmony with the laws of nature.

In order to make the subject plain, simple and intelligible to all, we shall give a description of the roots, plants, barks and other remedial agents, and processes used in accomplishing the necessary indications, under the head of "MATERIA MEDICA." Also a description of a general process adapted to the cure of nearly every form of disease, with some variations; usually termed a "COURSE OF MEDICINE." And for the satisfaction of those who will expect to find each form of disease, as classed by regular physicians, treated upon separately, we will do so in a brief but plain manner.

## CHAPTER VI.

### MATERIA MEDICA.

Having mentioned the indications necessary to be accomplished in the cure of different forms of disease, we will now describe the articles calculated to answer each of these indications, and arrange them under their appropriate heads. It will not be necessary for us to describe all the remedies that might be used, but only such as are the best, and will accomplish the object in the shortest time. This course will reduce our *Materia Medica* to a small compass, but sufficiently extensive to answer all practical purposes. A few simple remedies, properly applied, will do all to cure disease that medicine was ever designed to do; air, exercise, diet, bathing, &c., must do the remainder; and will often do more alone for the cure of disease, than all other remedial agents.

The following classification of remedies has been adopted, in conformity with the theory advocated in this work. Under this head we shall mention those articles that may be used as a substitute for those we have mentioned.

|                           |                                                                                                                     |
|---------------------------|---------------------------------------------------------------------------------------------------------------------|
| <i>Relaxants.</i>         | <i>Lobelia Inflata,</i><br><i>Boneset,</i><br><i>Vapor Bath,</i><br><i>Crawley Root, &amp;c.</i>                    |
| <i>General Stimulants</i> | <i>Cayenne,</i><br><i>Ginger,</i><br><i>Prickley Ash,</i><br><i>Pennyroyal,</i><br><i>Canada Snakeroot, &amp;c.</i> |

|                   |               |                      |
|-------------------|---------------|----------------------|
| TONICS.           | Astringent.   | Bayberry,            |
|                   |               | Bethroot,            |
|                   |               | Sumach,              |
|                   | Bitter.       | Red Raspberry,       |
|                   |               | Witch Hazel,         |
|                   |               | Hemlock Bark,        |
| LOCAL STIMULANTS. | Laxitives.    | White Pond Lilly.    |
|                   |               | Golden Seal,         |
|                   |               | Poplar Bark,         |
|                   | Diuretics.    | Balmony,             |
|                   |               | Unicorn Root,        |
|                   |               | Winter Green.        |
|                   | Expectorants. | Bitter Root,         |
|                   |               | Dandelion Root,      |
|                   |               | Butternut,           |
| Rubefacients.     | Expectorants. | Cayenne,             |
|                   |               | Boneset,             |
|                   |               | Queen of the Meadow, |
|                   | Diuretics.    | Cleavers,            |
|                   |               | Strawberry Leaves,   |
|                   |               | Elder Bark,          |
|                   | Rubefacients. | Coolwort,            |
|                   |               | Burdock root, &c.    |
|                   |               | Lobelia,             |
|                   | Rubefacients. | Skunk Cabbage,       |
|                   |               | Elecampagne,         |
|                   |               | Hoarhound,           |
|                   | Rubefacients. | Boneset,             |
|                   |               | Cayenne.             |
|                   |               | Cayenne, Red Pepper, |
|                   |               | Oil of Hemlock,      |
|                   |               | " " Cedar.           |

*Nervines.*      { Lady's Slipper,  
                          Scullcap,  
                          Hops.

*Demulcents.*      { Slippery Elm,  
                          Comfrey,  
                          Irish Moss,  
                          Buckhorn Brake.

## RELAXANTS.

Relaxants are those substances that have the power of relaxing muscular fibre and alleviating spasm. The best and most powerful is LOBELIA INFLATA.

### LOBELIA INFLATA.

*Common names* — INDIAN TOBACCO, PUKE-WEED, EYE-BRIGHT, &c.

Lobelia Inflata is a common herb, growing plentifully in pastures, stubble fields, by the road sides, and on the banks of streams, in almost every part of the United States. It is a *biennial* plant, growing from ten to eighteen inches high, much branched. The flowers are palish blue, succeeded by pods, or seed vessels, which contain a multitude of brownish and very minute seeds. It blooms about the middle of July, at which time the herb should be gathered for Tincture; but the seed, should not be gathered until the month of September, or October.

**PROPERTIES AND USES.** — Lobelia when first taken into the mouth, is nearly insipid, but soon produces a burning, acrid sensation upon the back part of the tongue and palate, attended with

a flow of saliva. The plant yields readily its medical qualities to water and alcohol, and may be preserved and used in a fluid state.

Lobelia is the most powerful, certain and harmless relaxant, that has ever been discovered; and as relaxation is an important indication in the cure of the majority of the various forms of disease, this article is almost indispensable in the Thomsonian *Materia Medica*.

“The true therapeutic action of Lobelia,” says Dr. Curtis, “I think is not generally understood. Most persons are under the impression that it is the principal agent in producing the action which we call vomiting. But this must certainly be incorrect. All practitioners, regular and irregular, who habitually use it, agree, that its effect is anti-spasmodic, as it instantly relieves cramps, spasms, fits, lockjaw, &c., and relaxes contracted sinews. It is also agreed that vomiting is produced by muscular contraction either of the chest, abdomen, or stomach, or all combined. If this were the effect of the irritation produced by lobelia, that article would not be, as it certainly is, a sovereign remedy for spasms. Where there is no disease, that is, debility of the organs, the lobelia has not the power to relax the system much, and hence there is no room for any remarkable degree of reaction, and of course there is little or no vomiting. ‘But,’ says one, ‘are you sure that lobelia possesses no other control over the living body, than simply to relax its several organs?’ I answer, not quite sure; but am perfectly convinced that, if it have fifty other influences, this one of relaxation so far predominates over them all, as to throw them entirely into the shade. ‘But is not lobelia a sudorific?’ Yes; but its mode of producing this effect is by relax-

ing, through nervous action, the contracted mouths of the emunctories or pores of the skin, and letting off the portion of the blood called perspiration. It also promotes the secretion of the bile and urine, by relaxing vessels whose unnatural constriction is the cause of the retention of these fluids." "*Lobelia is to be considered, at all times, and under all circumstances, and wherever applied, not only a pure relaxant, but the most powerful and innocent yet known.*" This fact puts to flight from obstetrics, the use of instruments, and even manual force, in every case except perhaps the few patients whose pelvis are known to be remarkably deformed by rickets, or some other unfortunate circumstance."

Some have been led to suppose, in consequence of what appeared to them the alarming effects of lobelia, in cases where there is but little vitality, or it is improperly administered, that it is a poison, the administration of which is very dangerous. But nothing can be farther from the truth.

In proof that lobelia is not a poison, we shall adduce the testimony of some of the most enlightened Professors and practitioners of medicine of the present age.

Says Prof. Tully, of Yale College, New Haven, in a letter to Dr. Lee, "I have been in the habit of employing Lobelia Inflata for 27 years, and of witnessing its employment by others for the same length of time, and in large quantities, and for a long period, without the least trace of any narcotic effect. I have used the very best official tincture in the quantity of three fluid ounces in twenty-four hours, and for seven days in succession; and I have likewise given three large table spoonfuls of it within half an hour, without the least indication of any narcotic operation. I

have likewise given it in substance, and in other forms, and still without any degree of this operation." \* \* " I am confident, (the old women's stories to the contrary notwithstanding,) that Lobelia Inflata is a valuable, a safe, and a sufficiently gentle article of medicine."

Here is the testimony of a celebrated Professor of Yale College, who had ample opportunity of judging, from experience and observation, whether lobelia was a poison or not.

Says Prof. Waterhouse, of Harvard University, Cambridge, " The efficacy and safety of Lobelia Inflata, I have had ample and repeated proofs of, in a number of cases, and on my own person, and have reason to value it equal with any article in our *materia medica*."

Says Dr. Thomas Hersey, Surgeon in the U. S. Army, in the last war, practicing physician and surgeon at Columbus, Ohio, " The Lobelia Inflata has been denounced as a deadly poison.—The imposition intended to be practiced by such an assertion, is too notorious to merit a serious reply. I have administered Lobelia successfully to the child of thirty minutes, and to the hoary adult of eighty years of age, and never knew any danger result from its use."

We could bring forward the testimony of thousands of others, who have used lobelia for five, ten, twenty, and some forty years, in proof that it is perfectly innocent, acting in harmony with the laws of life and motion. Those who have asserted that lobelia is poison, have, in nine cases out of ten, without any doubt, been such persons as never used it, or saw it used, and therefore their testimony is not to be depended on.

" But lobelia," says Dr. Peckham, " is sometimes given when the vitality of the system is so

nearly extinguished by disease, that little or no effect is obtained from it. Nature is exhausted, though the spark of life be not quite extinct.—Death will take place, and the lobelia may be retained, and a like result would have followed if so much warm water had been taken. If nature be wanting, the best remedial process will be exhibited in vain. She may be assisted to a certain extent to save life, but she has her bounds, and she declares that thus far shalt thou come and no farther—and here shalt thy remedial waves be stayed. But, because lobelia cannot go beyond these bounds, and save life, where nature, in her omnipotence, has declared that life should no longer be, such deaths are laid at the door of this herb, and it is made answerable for, a wrongly imputed sin."

The different modes of preparing and administering lobelia will be given under the head of compounds and course of medicine.

### CRAWLEY, OR FEVER ROOT.

This plant occupies high, sandy banks, in sandy woods. The leaves spring forth all around the bottom of the stem, at the top of the root.—The stock rises from six to eight inches high, bearing yellow blossoms. The upper side exhibits a smooth, dark green surface, underneath they have a silvery appearance. The roots are of a dark brown or blackish color, are tender and easily broken, resembling the claw of the dung-hill fowl. It grows plentifully in almost all the United States.

**PROPERTIES AND USES.**—The pulverized root of this plant composes the fever powder so often recommended in Dr. Elisha Smith's Botanical

work. It is not commonly known among Botanic practitioners, and as we have not sufficiently tested it ourself, shall depend on the testimony of Dr. Smith, of New York. "It is," says he, "a powerful febrifuge, and an agreeable anodyne.—I have found it a sure and quick medicine to excite perspiration, without increasing the heat of the body. This root is effectual in all remittant, typhus, nervous, and inflammatory fevers; and will relieve cramps, constrictions, and all pains caused by colds, &c. It produces a general relaxation of the system—equalizes the circulation, and brings a moisture on the surface. It is an excellent medicine in pleurisy, inflammation of the chest and brain, and is a sure remedy in erysipelatous inflammation."

"Pulverize the root fine, sift it, and put it in bottles well stopped from the air. After proper evacuation of the stomach and bowels, a small tea-spoonful of this powder may be given every twenty minutes, in a little pennyroyal or other herb tea, till a gentle breathing moisture appears on the skin, or till from four to six are taken, which has never failed in my practice of answering the purpose."

### BONESET.

*Eupatorium Perfoliatum.* — *The Leaves and Flowers.*

This plant is also called Thoroughwort, Indian Sage, Feverwort, Sweating plant, &c. It grows plentifully in almost every part of the United States, and may be found in meadows and low, moist land. It grows from two to five feet high, branched at the top. The leaves are the broadest where they are connected with the stock, and

taper off each way to a point. It remains in bloom from August to October. The flowers are of a dullish white color, and are found on the top of the stem and branches. It should be collected when in bloom and carefully dried.

**PROPERTIES AND USES.**—The warm infusion of Boneset, in large doses operates as emetic; in small doses it produces perspiration and promotes all the secretions. The decoction administered cold, is both laxative and tonic. It acts as a gentle laxative without irritating the bowels. Many families use the boneset alone in the cure of every form of disease, and are seldom disappointed in the result. There is no article in the *Materia Medica* more general in its application than boneset, either the infusion or decoction; it being a relaxant, sudorific, antiseptic, stimulant, diuretic, and tonic.

**Dose.**—To produce vomiting, take two ounces steeped in a quart of water, but not boil, drink a cupful every fifteen minutes until it operates.—For sweating, take the same in small doses, often repeated — for a tonic and laxative, drink a cupful of the decoction once in two hours.

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## STIMULANTS.

Stimulants are substances capable of increasing the action or energy of the living body. Pure, diffusible stimulants act in harmony with the laws of life, and therefore assist nature in her efforts to overcome disease; while acrid and narcotic stimulants produce local irritation, exhausting the powers of nature. The most pure and healthy stimulant is Cayenne.

## CAYENNE.

*Capsicum.—The Pods and Seed-vessels.*

The Cayenne most commonly used by Thomsonians is imported from Africa and the West Indies, being more permanent and gently stimulating than the American Cayenne. It is somewhat difficult to get a pure article, such is the propensity to defraud for gain. The African Cayenne is frequently mixed with a cheaper kind, called Bombay, or chilly peppers. Even those who profess to be friends of the Thomsonian system, have been known to mix Indian meal, ginger, red lead, logwood, &c., with pure Cayenne, when grinding it, and color it with dye-stuffs and red saunders.

CAPSICUM ANNUM, (Cayenne,) says Hooper, "is one of the strongest and purest stimulants known. This pepper has been successfully employed in a species of the Cynanche Maligna, (putrid sore throat,) which proved very fatal in the West Indies, resisting the use of the Peruvian bark, wine and other remedies commonly employed. In ophthalmia from relaxation, the diluted juice is found to be a valuable remedy."

PROPERTIES AND USES.—Cayenne is the purest and undoubtedly the most powerful stimulant known, and as stimulation is an important indication to be accomplished in nearly every form of disease, this invaluable article is among the indispensables. Taken into the mouth it produces a pungent, biting sensation, and if taken in large quantities into an empty stomach, it will frequently occasion considerable distress, so as to be alarming to those unacquainted with it. This is attended with no danger as it will soon pass away. It should always be given in small doses

at first, increasing the quantity according to the emergency of the case. The burning sensation produced by Cayenne may be relieved by taking or applying a small quantity of milk or cream. Cayenne may be used with advantage in all cases of coldness, debility, indigestion, costiveness, and in combination with other medicines in nearly every form of disease to which mankind are subject.

**Dose.**—From one fourth to a whole teaspoonful in hot water if designed to produce perspiration; if for costiveness one-half teaspoonful in cold water or molasses three or four times a day.

### GINGER.

#### *Zingiber.—The Root.*

Ginger is obtained from the East and West Indies. It is a perennial shrub growing about three feet high. Care should be observed in purchasing it as it is generally mixed with other articles. For medicine, it is better to purchase the root unpulverized.

**PROPERTIES AND USES.**—Ginger is a warming and moderately aromatic, and may be used in mild cases as a substitute for Cayenne. It is used principally in combination with other articles, and externally for poultices.

**Dose.**—From half to whole teaspoonful in warm water sweetened.

### PRICKLY ASH.

#### *Zanthoxylum Fraxineum.—The Bark and Seed Vessels.*

This shrub is found in the Southern, Middle,

and Western States, growing in rich and commonly wettish soil, to the height of from ten to fifteen feet. The bark is of an ash color, leaves somewhat similar to those of the elder. The branches are usually prickly, from which it derives its most popular name. The seed vessels are greenish red, in the autumn they assume a brownish color.

**PROPERTIES AND USES.**—The seed vessels have a warm, pungent taste, and are an excellent stimulant; the bark of the stem and root are also pungent, but in an inferior degree. It is a valuable remedy in all cases where stimulants are required, as rheumatism, cold hands and feet, ague and fever, &c. The bark is sometimes chewed for the tooth-ache.

## PENNYROYAL.

### *Hedeoma Pulegioides.—The Herb.*

This plant, which the God of Nature has scattered over almost every part of this country, is one of the most valuable of the Thomsonian *Materia Medica*. Its qualities are a strong and hardly aromatic but pleasant smell, a warm and pungent taste. The medical principle resides in an essential oil, possessing the same smell and taste of the herb. Its medical properties are carminative, (having power to remove wind from the stomach and bowels,) stimulant, (possessing the property of exciting increased action in the system,) diaphoretic, (promoting moderate perspiration.) It also relieves spasms, hysterics, promotes expectoration in consumptive coughs, and is a good medicine in the whooping cough. It is good also to take away marks and bruises in the

face, being bruised in vinegar and applied in fomentations.

A tea of this plant is perhaps the best drink that can be given, together with the composition powder, Cayenne, &c. to warm the stomach, and assist an emetic in its operations. The tea should be made and given warm, freely and frequently. A person upon taking a "bad cold" (by the way he never has a good one,) by taking freely of this tea may throw it off, and of course, prevent fever—it being caused by cold. This is a popular remedy all over the country for female complaints, but still few persons are aware of its extensive medicinal properties.

The best time for gathering this herb is about the month of August. It should be tied up in bundles and hung in a warm, dry and shady place until dry; then wrapped in paper as the best means of excluding the air, by which if exposed, it will lose a large part of its strength and virtue. This plant, simple as it is, will do more in the curing of the sick than all the poisonous preparations invented since the age of Paracelus; bleeding and blistering into the bargain. No family should let the season for gathering it pass without securing a good supply.

## CANADA SNAKEROOT.

*Asarum Canadense.—The Root.*

This plant is found in almost every part of the United States, particularly in the Northern and Eastern States, in the woods and dry, shady places. The root only is used.

PROPERTIES AND USES.—This is a pleasant, warming stimulant and nervine. It is very useful in all affections of the lungs, as colds, asthma, croup, consumption, &c. The ordinary dose is a moderate teaspoonful, which may be taken in warm water sweetened. A decoction with saffron is excellent to give children when attacked with any eruptive form of disease.

Black pepper, cinnamon, tansy, red pepper, bayberry, yarrow, &c. may also be used where stimulants are required.

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### ASTRINGENTS.

Astringents are those substances that when taken internally or applied externally contract muscular tissue or make it more dense and firm.—They depend for their astringency on *tannin*, a substance well known as being used in the tanning of leather.

### BAYBERRY.

This shrub grows most plentifully in towns bordering on the sea; although it is found in the interior, in neglected fields, and on the side of stony hills. It grows in the New England States from three to five feet high, and bears small berries of which candles are sometimes manufactured combined with tallow.

The bark of the root is the only part used for medicinal purposes, and should be gathered in the spring before the bush vegetates, or in the au-

tumn before it has shed its foliage, as the sap is then in the bark, and consequently possesses a greater degree of medical virtues. The roots should be dug and thoroughly cleansed from dirt, and while green the rind may be easily separated from the trunk by pounding it with a wooden mallet; after which, dry the bark well and pulverize to the consistency of ordinary flour, and it is then ready for use.

**PROPERTIES AND USES.** Bayberry is both astringent and stimulant, producing a pungent sensation upon the glands; is therefore an invaluable medicine for canker, whether located in the mouth, throat, stomach, or bowels. It is an excellent article for bowel complaints, and if given freely in the commencement, will generally cure. It makes an excellent tooth-powder to cleanse the mouth and gums. There are many other articles useful for canker, but bayberry is decidedly the best.

**DOSE.**—It may be used either in the powder, about a teaspoonful at a dose, by mixing a little sugar and warm water to it, or making an infusion and drinking freely of the tea.

### BETHROOT.

#### *Trillium Pendulum—The Root.*

The bethroot is found in damp, rocky woods, delighting in a rich soil, and grows from one to two feet high, surmounted at the top with three leaves. It blooms in the month of May, bearing a white flower.

**PROPERTIES AND USES.**—The bethroot being an astringent is useful in all kinds of hemorrhage, immoderate menstruation, diarrhoea, dysentery, fluor albus, flooding, &c.

**Dose.**—The pulverized root may be taken in teaspoonful doses, or it may be steeped, one ounce to the pint and given in gill doses.

## SUMACH.

*Rhus Glabra.*—*The Bark, Leaves, and Berries.*

The common upland Sumach rises to the height of from five to ten feet, producing many long compound leaves which turn red in autumn.—The berries are also red when ripe, and are of an agreeable but very sharp acid taste. The bark, leaves, and berries are astringents, tonics, and diuretics. Either of which may be used in strong decoction in all cases in which medicines of this class are needed.

## WHITE POND LILY.

*Nymphaea Odorata.*—*The Root.*

This herb grows in low wet grounds, and ponds and pools of water, as indicated by its name.

The leaves are large, round, and cleft from the edge to the stem in the centre, each lobe or portion of the leaf ending in a short acute point; the upper surface being smooth, glassy, and without veins, and the lower surface reddish with branching nerves.

The flowers are large and white, giving out a very delicious, sweet odor—opening to the sun in the morning, and closing at night with the setting of the sun.

The root, which is the part used as medicine, is perennial, very long, somewhat hairy, blackish, knotty, and nearly as large as a man's wrist. It is a valuable article, used internally or externally. Internally, it is a mild astringent tonic,

very useful in dysentery, diarrhoea, &c. Externally, it is used in poultices for biles, tumors, inflammations, &c.

The powdered root given in teaspoonful doses in warm water sweetened is almost a sure remedy for bowel complaint in children, if given in the first stages.

It is said that the fresh juice of the root mixed with the juice of the lemon will remove freckles, pimples, blotches, &c. from the skin.

An infusion of the root is good for sore or inflamed eyes.

### RED RASPBERRY.

*Rubus Strigosus.—The Leaves.*

The red Raspberry is so well known that it needs no description. The leaves are a valuable astringent, useful in bowel complaints, and for external applications to moisten poultices for burns, &c., and for washing sore nipples. A strong tea is an excellent article, says Dr. Thomson, to regulate the labor pains of women in travail.

### WITCH HAZEL.

*Hamamelis Virginica.—The Leaves.*

This shrub grows on high lands and the stony banks of streams, from New England to Carolina and Ohio, from eight to ten feet high.

PROPERTIES AND USES.—Astringent, stimulant, and slightly bitter. This is the best article in our *Materia Medica*, says Dr. Curtis, for stopping hemorrhage. We have used it in hemorrhage from the lungs, stomach, and other parts of the system, and have not yet seen a failure. A

strong decoction drunk and used by injection "*per vagina*" is the best article we have ever used for profuse menstruation, fluor albus, or uterine hemorrhage.

### HEMLOCK.

#### *Pinus Canedensis.—The Bark.*

This is a well known astringent, being commonly employed in tanning leather. A decoction of the bark is useful given by injection for bowel complaints, and for the piles. Applied to sore nipples it is a never failing remedy. The oil combined with other articles makes a valuable article for bathing in rheumatism, &c.

Black Birch, Red and White Oak Bark, Evan Root, Marsh Rosemary, Hardhack, and Yarrow are also valuable astringents.

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### TONICS.

Tonics are those substances, that when applied to the living body, increase the strength by rendering the muscular tissue firmer and more compact. They should usually be combined with stimulants, unless they possess a stimulant property.

### GOLDEN SEAL.

#### *Hydrastis Canedensis.—The Root.*

Golden Seal grows in great abundance in Ohio and the Western and Southern States, but is seldom found in the Northern and Eastern. It is sometimes called Ohio kucuma, yellow puccoon, &c. The root is one or two inches long and rough

or knotted giving off a number of yellow fibres. It grows from one to two feet high in rich, shady moist lands.

PROPERTIES AND USES.—Bitter, stimulant and tonic. It is useful in all cases of debility, indigestion, &c. Combined with one part Cayenne and one fourth part saleratus, it will aid digestion and prevent pain in the stomach after eating. A strong decoction is excellent to wash sore eyes and all old sores.

### POPLAR.

*Populus Tremuloides.—The Bark.*

This noble tree, which is found throughout the United States, is so well known that it needs no description. It is the common white poplar of Maine and N. H. Its qualities are, bitter, diuretic, and astringent—it is also a tonic and somewhat stimulant. It is a first rate article for indigestion, canker in the stomach, consumption, liver complaints; also in diarrhoeal affections and other complaints, occasioned by debility—acting as a universal tonic; restoring the tone of the organs, and producing a healthy action of the liver; creating an appetite, and giving strength and vigor to the whole system. Poplar bark is perhaps the most universally applicable tonic of Dr. Thomson's *materia medica*. It possesses valuable febrifuge qualities, and on account of its diuretic qualities, it is a good article in gravel and dropsy. Dr. J. Young says "I have prescribed the poplar bark in a variety of cases of intermittent fever and can declare from experience that it is equally efficacious with the Peruvian bark, if properly administered." "There is not," says he, "in all the *materia medica*, a more certain, speedy

and effectual remedy in hysterics than the poplar bark." This, let it be remembered, is "regular" testimony. This article should be used in combination with other articles forming "bitters" after the system is cleansed with courses of medicine and all morbid matter expelled—the system is then ready to receive medicines of a strengthening character. The mode of procuring the bark is to strip it from the tree, any time when the sap prevents it from adhering to the wood.—The outer bark should be shaved off; the inner cut into strips and dried in the shade. The mode of administering it is to infuse it in water—an ounce of the bark to a pint of water and give freely.

## BALMONY.

### *Chelone Clabra.—The Herb.*

This herb is found in low, damp places, and rich shaded soils, in all parts of the United States. It is called bitter herb, snake head, &c. The flowers are reddish white, and grow in clusters, and do not bloom until late in autumn.

## UNICORN.

### *Helonias Dioicia.—The Root.*

The Unicorn grows abundantly in Pennsylvania, New York, and Connecticut, and may be found in meadows and woodlands. It is known by the name of blazing star, devil's bit, &c. It grows about a foot in height, and terminates in a long, graceful spike of flowers, of a whitish color. It blooms in June. It has a tapering fibrous root, which is an inch and a quarter long, and not quite so thick as the little finger.

PROPERTIES AND USES.—It is a very excellent bitter tonic and stimulant, and has been found very useful in cases of suppressed menstruation, and whenever a tonic and stimulant are required.

### WINTERGREEN.

*Pyrola Maculata.*—*The Root and Leaves.*

This evergreen is found on pine plains and in light shaded soils, in all parts of the U. States. It blossoms in midsummer. It is called Pipsissi-way, Pyrola, white leaf, &c.

PROPERTIES AND USES.—The whole plant has a pungent and bitter sweet taste. It is diuretic, sudorific, and tonic. It is useful in all eruptive forms of disease, and in cancerous or scrofulous habits. It is frequently used in combination with other articles in the form of syrups. (See compounds.)

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### LAXATIVES.

Laxatives are those medicines that increase the peristaltic motion of the bowels, without purging or producing a fluid discharge.

### BITTER ROOT.

*Apocynum Androsemifalium.*—*Bark of the Root.*

Bitter Root is found in all parts of the United States where the soil is light and sandy. The root is perennial, from a third to half an inch in diameter, very long and intensely bitter. It grows from two to three feet high, with bell shaped, white flowers.

PROPERTIES AND USES.—Dr. Thomson says in one of the earlier editions of his work, “Bitter Root is one of the best correctors of the bile, with which I am acquainted, and is an excellent medicine to remove costiveness, as it will cause the bowels to move in a natural manner. A strong decoction of the root, made by steeping it in hot water, will operate as a cathartic if taken freely, and sometimes as an emetic, and is almost sure to throw off a fever in its first stages.”

It is a tonic, anti-spasmodic, secerent, and stimulant. Dr. Curtis says he has found it an excellent article in all cases of torpidity of the lower viscera, particularly of the liver and kidneys. This article alone has cured cases of dropsy that had baffled all the skill of the regular practice. It will be found an important auxiliary to the general treatment in removing obstructions peculiar to females.

## BUTTERNUT.

*Juglurs Cinera.—Inner Bark.*

This tree is too well known to need any description, being found in rich, moist, rocky soils, near streams, in almost all parts of the country. The inner bark of the butternut tree, says Howard, and especially of the root, “is a mild and efficacious purge, leaving the bowels in a better condition perhaps than almost any other in use. In diarrhœa, dysentery, and worms, it is the best cathartic we have ever employed. It may be prepared in extract, pills, syrup, or cordial. For making the cordial, take any quantity of the fresh bark, split it into slips, of half an inch wide, beat it with a hammer, so as to reduce it to a soft, stringy state; then put it into an earthern

vessel, packing it close, and pour on it boiling water sufficient to cover the bruised bark; set the vessel on coals near the fire, having it closely covered, and allow it to stand and simmer one or two hours. Then strain off the liquor and add sugar or molasses sufficient to make a syrup,—when it may be bottled, and one quarter of the quantity of proof spirits added to preserve it.—Dose for a child, from half to two great-spoonfuls, repeated at intervals of half or a whole hour, until it operates. For grown persons the dose must be much larger. This preparation is mild but highly efficacious for the bowel complaints of children or adults, and will cure without giving enough to operate as physic; but for dysentery and worms, enough should be administered to operate freely on the bowels. It may be given in all ordinary diseases of children with the happiest effect, being a most valuable family medicine.

“The Syrup is made in a similar manner, only it is boiled down so as to make it much stronger and more actively purgative.

### DANDELION.

*Leontodon Taraxacum.—The Leaves and Root.*

This plant is too common to need description, growing almost every where, on improved lands that are not ploughed, as pastures, meadows, yards, &c.

PROPERTIES AND USES.—The dandelion is diuretic, stimulant, tonic, anti-spasmodic, aperient, and alterative. It is therefore useful in all cases of urinary obstructions, jaundice, costiveness, consumption, nervous debility, biliary obstruc-

tions, &c. It should be used freely and perseveringly, as its effects are gradual but sure upon the system. It may be used in the form of extract made into pills, combined with cayenne and lobelia, or in syrup.

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## DIURETICS.

Diuretics are those medicines, that, when taken internally, increase the action of the urinary apparatus.

## QUEEN OF THE MEADOW.

### *Eupatorium Purpurum.—The Root.*

Queen of the Meadow, or Gravel Root, has long, fibrous roots, white or brownish color. It grows from three to six feet high, with pale reddish blossoms. It is found in wet ground, or near streams, though sometimes on high land.

**PROPERTIES AND USES.**—This is a powerful diuretic, useful in all obstructions of the urinary organs. It is considered by those who have proved it, an unfailing remedy for the gravel.—Used in strong decoction, freely.

Coolwort, cleavers, poplar, juniper berries, fir balsam, sumach, strawberry leaves, elder bark and blows, burdock root, and spearmint, are also valuable diuretics; but are so well known as to need no description.

## EXPECTORANTS.

Expectorants are medicines that promote the discharge of matter from the lungs, whether it be mucus, pus, or any other morbid accumulation. The best expectorant known is Lobelia.

### SKUNK CABBAGE.

#### *Ichthodes Fætida.—The Root.*

This plant is found plentifully in the Northern and middle States. It grows in wet lands, having many fibrous roots, sending up many large, bright green leaves, but without any stem or stalk. Its smell resembles the peculiar odor of the skunk, from which it derives its name.

PROPERTIES AND USES.—It is expectorant, anti-spasmodic, and nervine; useful in asthma, consumption, cough, hysterics, and all spasmodic affections. One third of a teaspoonful of the pulverized root is enough for a dose, combined with cayenne and slippery elm. An over dose produces vomiting, headache, vertigo and temporary blindness,

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### LADY'S SLIPPER.

#### *Cypripedium Pubescens.—The Root.*

This valuable plant has various names; valerian, nerve root, yellow umbil, &c. "There are three or four species of lady's slipper, as the white, red, and yellow, from the color of their flowers, but the qualities are the same. It grows from one to two feet high, and sometimes has

leaves all the way up the stock; but more frequently they lie on the ground;—the stock has one flower on it, in the form of a purse or round bag, with a small entrance near where it joins the stalk, and is something like a mocason slipper, from which resemblance it probably derived the name of Lady's Slipper." The roots are fibrous and thickly matted together. It is found in all parts of the United States. The roots have a bitter, mucilaginous taste and a peculiar smell, somewhat nauseous. Its properties are sedative, nervine, and antispasmodic. It is good in all nervous diseases and hysterical affections, allaying pain, quieting the nerves, and producing sleep. It is used in nervous headaches, tremors, nervous fevers, &c. It is far preferable to opium, having no baneful nor narcotic effects. It has produced sleep when opium has failed. The dose is a teaspoonful of the powdered root to a cup of pennyroyal tea, or an ounce of the root may be infused in a pint of water, and drunk freely in nervous disorders. In giving courses of medicine in all cases where the patient is nervous it should be given with the other medicine, say a teaspoonful to each cup of the emetic. The root should be dug late in autumn, or early in the spring, and dried in the sun—it should then be pounded and sifted through a fine sieve and bottled for use.

## SCULLCAP.

*Scutellaria Lateriflora*.—*The Herb.*

This plant grows in damp places, and the side of streams. It has a small fibrous root, stem four

cornered, and from ten inches to two feet high. The flowers are blue, making their appearance in July, and the seed vessels of a light green color, each one containing four seeds.

PROPERTIES AND USES.—“Scullcap has a prominently bitter taste,” says Mattson, “and is the best nervine I ever employed; it is also tonic and anti-spasmodic. It is particularly useful in delirium tremens, St. Vitus’ dance, convulsions, lock-jaw, tremors, ague and fever, tic doloreaux, and all nervous affections. It may be given with advantage to children, when health is impaired from the effects of teething.”

“The warm infusion may be drunk freely thro’ the day, or a heaped teaspoonful of the powdered leaves, with rather more than an equal quantity of sugar, steeped in a teacupful of boiling water, may be taken at a dose, and repeated as often as the symptoms require.”

## SLIPPERY ELM.

### *Ulmus Fulva.—The Bark.*

This tree which grows in the northern and eastern States, attains to the height of about thirty feet, trunk slender, dividing in numerous branches, furnished with a rough and light colored bark, and oblong leaves. The bark may be cut into small pieces and put into water, either hot or cold, and it will give out much of its mucilage—but the best way is to take the bark and dry it thoroughly, then reduce it to a fine powder.—It is useful in cough, bowel complaints, stranguary, sore throat, inflammation of the lungs and stomach, eruptions, &c. As an external applica-

tion, in the form of poultice, it is a valuable remedy far exceeding any known production, for ulcers, tumors, swellings, chilblains, burns, sore mouth, thrush, and as a wash.

The surgeons in the revolutionary army, experienced the most happy effects from its application to gun-shot wounds, which were soon brought to a suppuration, and a disposition to heal. When a tendency to mortification was evident, this bark bruised and boiled in water produced the most surprising good effects. The infusion of the bark, is highly esteemed as a diet drink in pleurisy and catarrh, and also in diarrhoea and dysentery. It is very nutritious and much used as food for the sick.

## COMFREY.

*Symplytum Officinale.—The Root.*

This plant is cultivated in gardens, and may be found growing spontaneously by roadsides.—It grows from three to four feet high, with yellowish flowers.

PROPERTIES AND USES.—Comfrey is mucilaginous, and is therefore useful in coughs, dysentery, soreness of the bowels, and for poultices. It may be used in powder, half a teaspoonful in two thirds of a cupful of hot water.

Irish moss, buck horn brake, hollyhock, blossoms, flaxseed, &c., are also mucilaginous, and may be used in all cases of irritation internally or externally.

## DIRECTIONS FOR GATHERING AND PREPARING MEDICINES.

The remedies used for the cure of disease, should be gathered with much care, and by persons who have a sufficient knowledge of the roots and plants they wish to gather, to be a guarantee against any mistake being made. The season of the year in which they are gathered is to be regarded, without which, the medicine cannot be depended on. Every practitioner should gather as much of his own medicine as possible.

Herbs and leaves should be gathered while in blossom. If left till they have gone to seed, the strength is much diminished. They should be dried and carefully kept from the air. Herb tea, to do any good, should be made very strong.

Barks and roots should be collected in the spring or autumn. They should not be pulverized a long time before they are required for use, as they lose their strength.

Flowers should be gathered when in perfection, and in dry weather, dried in the shade, and kept from the air.

Seeds should be gathered when they are fully ripe, separated from chaff and dirt, and kept in bottles or jars for use.

## CHAPTER VII.

### COMPOUNDS.

The principal objects in combining medicines are, to increase their strength, accomplish different indications at the same time, or to render them more pleasant and agreeable. A large number of the compounds offered to the public, are prepared without any regard to either of these objects, but according to the fancy of the one who prepares them. Much imposition is practiced on the people by compounds, that could not be done with simple medicines, as a knowledge of their component parts would destroy their value.

We do not say that the compounds hereafter mentioned are the best that could be prepared, or that they will invariably effect a cure, but we know them to be useful in the cases for which they were designed.

### DOSE OF MEDICINE.

The quantity of medicine to be taken at a dose, depends on the age, sex, or peculiarity of constitution. The quantity mentioned in this work is an average dose for a full grown man.— Females require less. For children the doses may be graduated by the following rule:—

For a youth of fifteen years, the dose may be two-thirds the quantity for a grown person; for

a child of ten years, one half the quantity; for one of two years, one-sixth the quantity; for a child of one year, one tenth the quantity.

### COMPOSITION POWDER.

|                   |   |   |   |        |
|-------------------|---|---|---|--------|
| Take of Bayberry, | - | - | - | 2 lbs. |
| " " Ginger,       | - | - | - | 1 lb.  |
| " " Cayenne,      | - | - | - | 2 oz.  |
| " " Cinnamon,     | - | - | - | 2 oz.  |
| " " Prickly Ash,  | - | - | - | 2 oz.  |

All to be finely pulverized, and sifted through a fine sieve, and well mixed.

Dose.—One teaspoonful in two-thirds of a cupful of hot water, sweetened; milk or cream may be added to make it more agreeable.

This compound being stimulant, astringent and tonic, is an invaluable family medicine, being adapted to all forms of disease, in connection with laxatives if costiveness be a prominent symptom, or relaxants in cases of constriction.

### SPICED BITTERS.

|                      |        |
|----------------------|--------|
| Take of Poplar Bark, | 2 lbs. |
| Golden Seal,         | 8 oz.  |
| Prickly Ash Bark,    | 12 oz. |
| Ginger;              | 8 oz.  |
| Cloves,              | 8 oz.  |
| Cinnamon,            | 4 oz.  |
| Balmony,             | 8 oz.  |
| Cayenne,             | 6 oz.  |
| White Sugar,         | 5 lbs. |

The whole finely pulverized, sifted and well mixed. This is an excellent tonic compound, useful

in all cases of indigestion, loss of appetite, jaundice, general debility, and all other cases where the system is in a weak, relaxed state. They should not be used in cases of constriction, as in fevers or tightness of the lungs.

DOSE.—Take a teaspoonful of the powder, in half a cupful of hot water, three times a day before eating—or take the same quantity into the mouth dry, and wash down with cold water.

For Wine Bitters, add a pint of wine and a pint of water to an ounce of the spiced bitters.

### DIARRHŒA POWDERS.

|                   |         |
|-------------------|---------|
| Take of Bayberry, | 4 oz.   |
| Golden Seal,      | 4 oz.   |
| Rhubarb,          | 4 oz.   |
| Saleratus,        | 1 oz.   |
| Guin Myrrh,       | 1-2 oz. |
| Cloves,           | 2 oz.   |
| Prickly Ash,      | 2 oz.   |
| Cinnamon,         | 2 oz.   |
| Peppermint Plant, | 2 oz.   |
| Loaf Sugar,       | 1 lb.   |

All finely pulverized, sifted through a fine sieve, and well mixed.

This is one of the most valuable preparations known for Diarrhœa, cholera morbus, summer complaint of children, dysentery, &c. It comes the nearest to a specific for these forms of disease, in the early stages, of any medicine we have ever used.

DOSE.—Put a teaspoonful of the powder into two-thirds of a cupful of hot water and add two teaspoonfuls of loaf sugar; give two or three tea-

spoonfuls of the tea once in fifteen minutes, until the desired object is accomplished.

### FEMALE RESTORATIVE.

|                       |        |
|-----------------------|--------|
| 'Take of Poplar Bark, | 5 lbs. |
| Cloves,               | 8 oz.  |
| Cinnamon,             | 8 oz.  |
| Bethroot,             | 1 lb.  |
| Witch Hazel Leaves,   | 1 lb.  |
| Loaf Sugar,           | 8 lbs. |
| Cayenne,              | 6 oz.  |

All finely pulverized, sifted and well mixed.

This compound is particularly designed for weakly complaints of females, such as fluor albus, bearing down, weakness of the genital organs, profuse menstruation, &c.

**DOSE.**—A teaspoonful in half a cupful of hot water, three times a day.

### FEMALE STRENGTHENING SYRUP.

|                                                                                    |         |
|------------------------------------------------------------------------------------|---------|
| 'Take of Comfrey Root,                                                             | 4 oz.   |
| Elecampane Root,                                                                   | 2 oz.   |
| Hoarhound,                                                                         | 1 oz.   |
| Boil them in three quarts of water down to three pints; strain and add while warm: |         |
| Bethroot pulverized,                                                               | 1-2 oz. |

|             |       |
|-------------|-------|
| Loaf Sugar, | 1 lb. |
| Brandy,     | 1 pt. |

**DOSE.**—From half to two thirds of a wine glassful, three or four times a day.

This is used in female weakness, bearing down of the womb, fluor albus, debility and relaxation of the genital organs, barrenness, &c. [Elisha Smith's Botanical Physician.]

## THE MOTHER'S CORDIAL.

|                                     |       |
|-------------------------------------|-------|
| Take of Partridgeberry Vine, dried, | 1 lb. |
| High Cranberry,                     | 4 oz. |
| Unicorn Root,                       | 4 oz. |
| Blue Cohosth,                       | 4 oz. |

Boil in two gallons of water to one; strain and add one pound and a half of sugar, and three pints of brandy. Its effects are to shorten and diminish the sufferings of child-birth, and thus place both mother and child in a state of safety. It should be used daily for two weeks immediately preceding confinement as a preparatory.

Dose.—From half to a wine glassful two or three times a day, and one at bed time, in a little hot water. [Dr. P. F. Sweet.]

## FEMALE POWDERS.

|                    |         |
|--------------------|---------|
| Take of Gum Myrrh, | 4 oz.   |
| Cayenne,           | 4 oz.   |
| Unicorn,           | 4 oz.   |
| Tansy,             | 4 oz.   |
| Gum Aloes,         | 1-2 oz. |

All finely pulverized, sifted and well mixed.

Dose. Half a teaspoonful in molasses or honey, three or four times a day. This compound is designed for obstructed or suppressed menstruation.

## COMPOUND FOR CANKER.

|                   |        |
|-------------------|--------|
| Take of Bayberry, | 4 oz.  |
| White Pond Lily,  | 4 oz.  |
| Cayenne,          | 1 oz.  |
| Loaf Sugar,       | 2 lbs. |

All finely pulverized, sifted and well mixed.

Dose.—Half a teaspoonful in honey, or a teaspoonful steeped in a cupful of water to gargle the mouth and throat. Useful in all cases of canker in the mouth, stomach or bowels.

### ANTI DYSPEPTIC POWDER.

|                  |         |
|------------------|---------|
| Take of Cayenne, | 2 oz.   |
| Golden Seal,     | 2 oz.   |
| Saleratus,       | 1-2 oz. |

Dose.—Half a teaspoonful, when well mixed, in half a cupful of hot water about fifteen minutes after eating. Useful in all cases of indigestion or pain in the stomach after eating.

### PILLS.—NO. 1.

|                       |       |
|-----------------------|-------|
| Take of Lobelia Seed, | 4 oz. |
| Cayenne,              | 4 oz. |
| Valerian,             | 4 oz. |
| Slippery Elm,         | 2 oz. |
| Dandelion Extract,    | 2 oz. |

Mix and roll in slippery elm. Designed to relax the system gradually so as not to produce vomiting. Useful in all cases of constriction or fever, headache, liver complaint, &c.

Dose.—From one to four at night, or as often as the nature of the case may require.

### PILLS.—NO. 2.

|                            |       |
|----------------------------|-------|
| Take of Butternut Extract, | 1 oz. |
| Rhubarb,                   | 2 oz. |
| Cayenne,                   | 1 oz. |
| Cinnamon,                  | 1 oz. |
| Lobelia Seed,              | 1 oz. |

|               |         |
|---------------|---------|
| Aloes,        | 1-2 oz. |
| Golden Seal,  | 2 oz.   |
| Slippery Elm, | 4 oz.   |

Mix and make into Pills. These pills are designed for universal application, in all cases not accompanied with looseness of the bowels. Their efficacy in biliary obstructions and costiveness have been unprecedented.

### INJECTION POWDER.

|                   |       |
|-------------------|-------|
| Take of Bayberry, | 4 oz. |
| Cayenne,          | 1 oz. |
| Lobelia Herb,     | 4 oz. |
| Slippery Elm,     | 2 oz. |
| Valerian,         | 2 oz. |

All finely pulverized and well mixed.

Dose.—Two teaspoonfuls in a gill of hot water, given about blood warm.

### ELDER SALVE.

Take the white-pithed elder sticks, run them quickly through hot embers, and the cuticle will easily slip off. Then scrape off the green bark, and make a strong decoction. Put into a quart of this, a half-pint of mutton tallow, as much neat's foot oil, and a table spoonful of balsam of fir. (Sweet oil or fresh butter, and pine turpentine will do, instead of neat's foot oil and balsam, when these cannot be had.) Boil till it ceases to sparkle and make a noise, when it will be done. More mutton tallow would make it harder; less of this, and more oil, would make it softer. It should be very soft for cancers and burns, and pretty hard for fresh wounds that contain no

canker. No better salve is made than this. It combines the properties of a protector and healer, while it is entirely permeable to the matter of the sore, and if often changed, will effectually remove it. [Dr. Curtis.]

### HEALING SALVE.

|                   |       |
|-------------------|-------|
| Take of Beeswax,  | 1 lb. |
| White Turpentine, | 1 lb. |
| Balsam Fir,       | 1 lb. |
| Fresh Butter,     | 1 lb. |

Melt and simmer them together, then strain off for use; to be applied to cuts, bruises, ulcers, &c. after the inflammation is removed.

### ADHESIVE AND STRENGTHENING PLASTER.

|                 |           |
|-----------------|-----------|
| Take of Rosin,  | 2 lbs.    |
| Beeswax,        | 2 1-2 oz. |
| Mutton Tallow,  | 2 1-2 oz. |
| Camphor,        | 1 oz.     |
| Brandy,         | 1 gill.   |
| Oil of Hemlock, | 1-2 oz.   |

The beeswax and tallow to be put in first, then the rosin; melt over a slow fire, stirring them till melted; then add the camphor; after it is dissolved, add the brandy gradually, then turn it into cold water and work it until it will remain on the top of the water. This is a valuable application for pain in the side, back, &c., rheumatism, or weakness in any part of the system where it can be applied. It may also be applied to ulcers, wounds, &c., as a salve. It may be used

also to confine the edges of deep or large wounds, and thus enable them to heal with greater facility.

### ANTI SPASMODIC TINCTURE:

#### OR THIRD PREPARATION OF LOBELIA.

|                                   |        |
|-----------------------------------|--------|
| Take of Lobelia Seed, pulverized, | 1 lb.  |
| Cayenne,                          | 4 oz.  |
| Valerian,                         | 4 oz.  |
| Holland Gin,                      | 1 gal. |

Infuse for ten days in a closely stopped vessel, shaking it every day; then strain off for use.

This preparation is valuable in violent attacks of any form of disease, such as lockjaw, fits, hydrophobia, suspended animation, to expel poison of any kind from the system; as an external application it is useful in sprains, bruises, rheumatic pains, &c.

**Dose.**—A teaspoonful, repeated as often as the nature of the case requires, in some warming tea.

### DYSENTERY OR CHOLERA SYRUP.

|                                |       |
|--------------------------------|-------|
| Take of White Pond Lily, root, | 4 oz. |
| Green Peppermint Plant,        | 8 oz. |
| Bayberry,                      | 4 oz. |
| Sumach Bark,                   | 4 oz. |

Boil in one and a half gallons of water down to one gallon, strain and add

|                      |         |
|----------------------|---------|
| Gum Myrrh,           | 1 oz.   |
| Cayenne,             | 1-4 oz. |
| Cloves,              | 1 oz.   |
| Rhubarb,             | 4 oz.   |
| Saleratus,           | 1-2 oz. |
| Loaf Sugar,          | 1 lb.   |
| Fourth Proof Brandy, | 1 pt.   |

Dose.—Half a wine glass once in two hours. This syrup is an invaluable remedy for Diarrhœa, Dysentery, Cholera Morbus, and the summer complaints of children.

### WORM SYRUP.

|                         |       |
|-------------------------|-------|
| Take of Butternut Bark, | 4 oz. |
| Sage,                   | 2 oz. |
| Gum Myrrh,              | 2 oz. |
| Poplar,                 | 2 oz. |
| Bitter Root,            | 4 oz. |

Boil in one gallon of water down to two quarts, strain and add two lbs. white sugar.

Dose.—Four teaspoonfuls once an hour until it acts gently on the bowels. Designed to expel worms from the stomach and bowels.

### EMETIC POWDER.

|                        |       |
|------------------------|-------|
| Take of Lobelia, herb, | 4 oz. |
| Lobelia, seed,         | 4 oz. |
| Cayenne,               | 4 oz. |
| Bayberry,              | 2 oz. |
| Valerian,              | 2 oz. |

All finely pulverized and well mixed.

Dose.—Put four teaspoonfuls in a cup of hot water, and give four teaspoonfuls of the tea, after the sediment settles, once in ten minutes until it operates freely as an emetic.

### STIMULATING LINIMENT.

Add 1 oz. oil Hemlock, 1 oz. oil Cedar, 1 oz. oil Spearmint, to a pint of the anti-spasmodic tincture. Useful in all cases of pain, not attended with inflammation, and paralytic affections.

## COUGH POWDER.

|                  |         |
|------------------|---------|
| Take of Cayenne, | 1-4 oz. |
| Lobelia herb,    | 1 oz.   |
| Slippery Elm,    | 2 oz.   |
| Skunk Cabbage,   | 1 oz.   |
| Wake Robin,      | 1 oz.   |
| Valerian,        | 1 oz.   |
| Prickly Ash,     | 1 oz.   |

All finely pulverized and well mixed.

Dose.—Half a teaspoonful in hot water, sweetened, once in two or three hours. Valuable in all cases of cough, consumption, croup, asthma, hoarseness, &c.

## COUGH DROPS.

|                       |       |
|-----------------------|-------|
| Take of Lobelia herb, | 4 oz. |
| Hoarhound,            | 2 oz. |
| Comfrey,              | 2 oz. |
| Elecampane,           | 2 oz. |
| Boneset,              | 4 oz. |

Boil in three quarts of water to three pints, strain and add two pounds of white sugar and one pint of Holland gin.

Dose.—Two or three teaspoonfuls once an hour; for asthma, croup, cough, whooping cough, consumption, &c.

## TINCTURE OF MYRRH.

|                    |       |
|--------------------|-------|
| Take of Gum Myrrh, | 4 oz. |
| Alcohol,           | 1 qt. |

Infuse for twelve days and strain. This is an excellent wash for offensive ulcers, and for all wounds where there is a tendency to mortification.

## TINCTURE OF LOBELIA.

|                       |       |
|-----------------------|-------|
| Take of Lobelia herb, | 4 oz. |
| Alcohol,              | 1 pt. |
| Water,                | 1 pt. |

Infuse twelve days and strain. This is a convenient form to administer in many cases, especially for children and for external application in eruptive forms of disease.

An acid tincture is prepared by putting 4 oz. Lobelia herb into a quart of vinegar.

## TINCTURE OF CAYENNE.

|                     |       |
|---------------------|-------|
| Take of Cayenne,    | 4 oz. |
| Alcohol or vinegar, | 1 pt. |

Infuse for ten days and strain. Used in all cases of paralysis for bathing, and for rheumatism, swelled joints, &c.

## COMPOUND TINCTURE OF MYRRH:

## OR HOT DROPS.

|                      |        |
|----------------------|--------|
| Take of Gum Myrrh,   | 12 oz. |
| Cayenne,             | 1 oz.  |
| Fourth Proof Brandy, | 1 gal. |

Put them into a jug or glass demijohn, and shake them several times a day for a week, when the liquor may be poured off and bottled for use.

This preparation is useful for bathing in cases of debility or a relaxed state of the surface, as in night sweats—to check diarrhoea, relieve pain in the stomach or bowels, and also for the toothache.

Dose.—From one to four teaspoonfuls in hot water. For the toothache wet a piece of cotton in it and put it into the tooth.

## STIMULATING CONSERVE.

|                      |        |
|----------------------|--------|
| Take of Golden Seal, | 2 oz.  |
| Poplar Bark,         | 2 oz.  |
| Prickly Ash,         | 2 oz.  |
| Cinnamon,            | 2 oz.  |
| Cayenne,             | 1 oz.  |
| Loaf Sugar,          | 4 lbs. |

All pulverized and well mixed. Knead them into a stiff dough with the mucilage of slippery elm, adding 1-4 oz. each of the oils of pennyroyal and peppermint. It may be made into cakes or loaves of a convenient size. This preparation is useful for coughs, colds, sore throat, hoarseness, &c. It may be carried in the pocket and eaten freely.

## TINCTURE OF FIR BALSAM.

|                     |       |
|---------------------|-------|
| Take of Fir Balsam, | 1 oz. |
| Alcohol,            | 1 pt. |

Shake them well together. To be applied to fresh wounds, burns, and ulcers. A teaspoonful taken two or three times a day is beneficial in coughs, soreness of the bowels, &c.

## ESSENCES.

Take of the essential oil of the essence you wish to make one ounce, alcohol one pint, shaking them well together.

## PILE OINTMENT.

Take of Hemlock bark, finely pulverized, one ounce, fresh lard six ounces; mix them together thoroughly. It may be confined to the parts by means of a bandage, and a piece of cotton.

## DIURETIC SYRUP.

|                                                                                                                                       |       |
|---------------------------------------------------------------------------------------------------------------------------------------|-------|
| Take of Queen of the Meadow,                                                                                                          | 4 oz. |
| Juniper Berries,                                                                                                                      | 4 oz. |
| Cleavers,                                                                                                                             | 4 oz. |
| Burdock root or seed,                                                                                                                 | 4 oz. |
| Make a strong decoction ; strain and add two pounds of honey and half as much Holland gin as there is of the tea, and bottle for use. |       |

Dose.—Take half a glass three times a day.—This preparation is very useful in gravel, stranguary, dropsy, &c.

## HEADACHE SNUFF.

|                              |       |
|------------------------------|-------|
| Take of Bayberry,            | 1 oz. |
| Sassafras Bark,              | 1 oz. |
| Finely pulverized and mixed. |       |

## SMELLING SALTS.

|                                                                         |         |
|-------------------------------------------------------------------------|---------|
| Take of Pearlash,                                                       | 1 oz.   |
| Sal Ammoniac,                                                           | 1-2 oz. |
| Pulverize each by itself and mix. Preserve in a closely stopped bottle. |         |

## ELM POULTICE.

|                                                                                                                 |                 |
|-----------------------------------------------------------------------------------------------------------------|-----------------|
| Take of Slippery Elm,                                                                                           | 2 teaspoonfuls. |
| Lobelia herb,                                                                                                   | 1 do.           |
| Ginger,                                                                                                         | 1 do.           |
| Mix in warm water. Useful in all cases of pain and inflammation ; if the skin is off the ginger may be omitted. |                 |

## CHAPTER VIII.

### A COURSE OF MEDICINE.

This does not consist in the application of a single remedy, as many have supposed, but of a series of remedies, following each other in quick succession, by which disease is overcome immediately, instead of allowing it to progress a great length of time. It includes injections to evacuate the bowels and stimulate them to action ; vapor bath, to promote perspiration and throw from the system the morbid matter that has been retained ; relaxants and stimulants, to arouse nature to throw off the morbid accumulations of the stomach ; a second administration of the injection and application of the vapor bath ; concluding with washing over with cold or warm saleratus water.

### ENEMAS OR INJECTIONS.

This mode of administering medicine constitutes a very important part of the Thomsonian practice, and ought not to be omitted in consequence of a false delicacy on the part of the patient, or to avoid the labor on the part of the physician. In no other way can medicine be administered to accomplish so much, in obstinate cases, as by injections. They not only act on the bowels to remove faecal matter, but also produce the effect, with much more promptness, than the medicines composing the injections will produce, when taken into the stomach. In all cases of irritability of the stomach, colic, stoppage in the

bowels, costiveness, fits, lockjaw, &c., injections are indispensable. They should be prepared in reference to the indications to be accomplished.

If the object is simply to evacuate the bowels, half a teaspoonful of composition, and as much slippery elm in a gill of hot water will answer the purpose. If to check a diarrhœa or for the piles, a strong tea of hemlock bark should be used instead of hot water. But the formula under the head of compounds, (see Index,) will be the best for ordinary cases, increasing or diminishing the quantity of Lobelia, &c., as the case may require. Dr. Thomson says, with much truth, that it is better to administer injections ten times when they are not necessary, than omit them once when needed.

### VAPOR BATH.

This invaluable remedial agent has been in use from time immemorial. Among the Russians, Egyptians, and Turks, it has been used for centuries as a luxury, and as a cure and preventive of disease. It is a well known fact that for five hundred years Rome had no physician but her baths, which they frequented at least once a week, and by many daily, whether in a state of health or sickness. The Rev. W. Tooke says that he has no doubt but that the Russians owe their great longevity, their extraordinary robust health, and their entire exemption from certain moral diseases, to their daily use of the vapor bath. The use of the vapor bath is quite common among the Turkish ladies, who probably would not suffer in point of beauty and delicacy, by comparison with the females of any other country, yet they use the vapor bath, followed

immediately by the cold shower bath, which gives them a ruddy, florid glow of countenance, unknown to but few females. The American aborigines have their baths, out of which they rush, and plunge into cold running water, beside which their baths are purposely built. In view of the fact, that three fifths of all we take into the system are thrown out through the pores of the skin, what can be more important to health, than an unobstructed state of that organ? and what remedial agent better adapted to remove the cause of disease than the vapor bath? which tends to remove obstructions from the skin and arouse a healthy action in the system, determines the blood to the surface, and throws from the circulating fluid the various impurities with which it is loaded.

The modes of applying the vapor are various. The most convenient and economical mode we have ever seen, is a tin box, about four inches square, with a horizontal partition, about one and a half inches from the top, in which is inserted five tubes, the size of common lamp tubes to come even with the top of the box, with a hole for turning in alcohol, which should be stopped tight and the partition wiped dry before lighting the wicks; this is to be used for a lamp to generate heat, after putting in wicking and filling it with alcohol; another box of the same size, with legs about four inches long, the cover soldered on to the top, and a half inch tube inserted to allow the steam to pass off; this box should be nearly filled with water and placed over the lamp, after lighting the wicks. Place this under a chair in which the patient is to sit, divested of all his clothes. Take a blanket or a piece of oiled cloth or silk, the size of a blanket, sew the sides together

er, and run a string into the top, so as to draw it up, around the neck. Put this over the patient and chair; the feet should be immersed in warm water at the same time; and warming teas or composition administered while steaming. A pipe may be fixed to convey the steam from the boiler to the bed, if the patient is unable to sit up, or to apply it to any portion of the system.— When there is sufficient vitality in the system to favor reaction, the last vapor bath of the course should be followed by a cold hand-bath or washed all over with cold water; after which the patient should be rubbed briskly two or three minutes and dressed if able. After remaining in doors an hour or two, he may take exercise in the open air, if the weather is sufficiently mild and pleasant, and he feels able so to do.

#### DIRECTIONS FOR A COURSE.

Put four teaspoonfuls of composition, one of valerian, and 1-2 do. of cayenne into a pitcher, pour on it a quart of boiling water. Give the patient two thirds of a cupful of the tea. Then administer an injection according to the directions under that head. As soon as the injection has done operating, administer the vapor bath according to the directions on the preceding page, giving the composition tea two or three times while steaming. After the patient has remained in the bath fifteen or twenty minutes, he should be wiped dry, put on his shirt and get into bed, and a steaming brick be put to his feet. He is then ready for the administration of the Lobelia.

#### ADMINISTERING LOBELIA.

Put one teaspoonful of the seed of Lobelia, and

two of the herb, well pulverized, into a cup, add one teaspoonful of Cayenne, one of nerve powder, and a few drops of the oil of sassafras, and fill the cup with hot water. After it settles give four teaspoonfuls of the tea once in ten minnites until the patient vomits freely; give in the meantime half a cupful of the tea from the pitcher or pennyroyal tea once in five minutes. If the patient is sick at the stomach and does not vomit, give half a cupful of the tea from the pitcher with a little saleratus in it. After the patient has vomited once, give porridge and pennyroyal tea freely. If the quantity of lobelia mentioned above does not produce vomiting and nausea, add a teaspoonful of the seed to the sediment, fill it up with hot water, and give the tea of it at one dose. After the vomiting is over and the stomach well settled, another injection should be administered, after which the patient should be steamed a second time, and washed over with cold water, if there be sufficient heat in the system to produce a reaction. After the course is completed, he may eat a light meal, and if the weather is very mild and pleasant, he can go out; if not, he should remain within doors.

## CHAPTER IX.

### THE TREATMENT OF DIFFERENT MANIFESTATIONS OF DISEASE.

Having arrived at the knowledge of what disease is, its cause, the indications necessary to be accomplished, and the means to be used to accomplish those indications, we have now to point out the particular circumstances or symptoms requiring the accomplishment of each of these indications, and the mode of applying the remedy. This we shall endeavor to do in a manner so plain and simple, that any person may not be at a loss to know what course to pursue in any form of disease.

A large proportion of the different forms of disease depend on constriction or spasm, either general or local, producing an obstruction of the secretions, and a retention of the morbific impurities of the system. The cause is cold, or any irritating substance applied to, or taken into the system. The result is local or general excitement, usually termed fever or inflammation.—Other forms of disease depend on relaxation, paralysis, injuries, or change in structure of some organ. Notwithstanding the general adaptedness of “a course of medicine,” as described in this work, for the cure of every form of disease, yet some of the different manifestations of disease may require a modification of the treatment, so as to accomplish the object sooner and with less

suffering and inconvenience to the patient; we shall therefore give a particular description of such forms of disease and their symptoms and peculiar treatment.

## FEVER.

This manifestation of disease is but the effect of an effort of nature to expel from the system some irritating substance. Its division into colors and classes is unnecessary, as these different symptoms are but the same cause acting on different organs. The usual symptoms are pain in the head, back and limbs; full, quick pulse; chilliness succeeded by a preternatural degree of heat on the surface; thirst; tongue coated, and general weakness.

**TREATMENT.**—In the first stages, a full course of medicine is the best process to remove the cause of fever. If this fails to remove the cause, and the pulse is full and quick, and the surface hot and dry, give half teaspoonful of crawley root in some warming tea once an hour, and bathe the surface in saleratus water, nearly cold, every two hours. Give an injection once in two hours until free perspiration appears on the surface, after which rub with a dry woollen cloth once an hour, and change the sheets twice a day. If this course fails to produce perspiration, put two teaspoonfuls of the emetic powder into a cup of hot water and give two teaspoonfuls of the tea every half hour until vomiting is produced. If there is a coldness of the surface or extremities, steam freely and add a teaspoonful of cayenne to the emetic powder, and continue its use until the surface becomes warm and moist and the pulse regular. In some forms of fever there appears to be a paraly-

zation of the nervous system, as in putrid fever, where the common portions of medicine will have no effect, in which cases, give the anti-spasmodic tincture in great spoonful doses, by injection and into the stomach, until free vomiting is produced. In fever and ague, full courses of medicine, will cure nine cases in ten. After the fever abates and the coating comes off the tongue, give a tea-spoonful of the spiced bitters three times a day.

### ASTHMA AND PHTHISIC.

The symptoms of these forms of disease, are difficulty of breathing, which generally comes on towards night, tightness across the chest, together with a peculiar wheezing, being frequently threatened with immediate suffocation on attempting to lie down. Towards morning the symptom is abate and the patient feels much easier. At other times the symptoms are so mild as to subject the patient to little inconvenience, and in children it is usually called phthisic.

**TREATMENT.**—Half a teaspoonful tincture lobelia, or half teaspoonful skunk cabbage, repeated as occasion requires, in half a cupful of pennyroyal tea, will usually afford immediate relief.—For a permanent cure, take two or three full courses of medicine in as many days, after which take spiced bitters, composition, and pills No. 1, according to directions, for two or three weeks.

### BLEEDING FROM THE LUNGS AND STOMACH.

These are usually considered dangerous forms of disease; but their danger depends on other symptoms. If there are other symptoms of con-

sumption, bleeding from the lungs is difficult to cure.

**TREATMENT.**—A strong tea of witch hazel leaves will usually check bleeding from the lungs or stomach. If this does not check it, give a teaspoonful of composition once in fifteen minutes, and immerse the feet in hot water. After giving composition two or three times, add half a teaspoonful of anti-spasmodic tincture to the same, and continue it until vomiting is produced. No danger need be apprehended in taking an emetic of lobelia. I have given them repeatedly in these cases with the happiest result.

## BRUISES OR INJURIES FROM BLOWS OR FALLS.

If the injury be not very severe, bathing with cold water, hot drops, or wormwood moistened with spirits, and taking a teaspoonful of composition is all that is required. But if very severe, the vapor bath should be immediately administered, with a free use of composition, which is far preferable to bleeding. If the patient is injured so as to be insensible, put down the throat or give by injection a great spoonful of anti-spasmodic tincture, which will restore sensibility. In some cases a thorough course of medicine ought to be administered.

## BURNS OR SCALDS.

The best application that can be made to burns or scalds, when first done, is cold water. Take a cloth wet in cold water, and wrap several thicknesses round or lay on the part, to be wet as often as the pain returns. Give warm medicine

internally. If the skin is broken, apply a poultice of slippery elm, wet with raspberry leaf tea.

## CANCER.

Cancer usually seats upon the fleshy portions of the system, as the breast, lip, &c. It commences with a small hard bunch, gradually increasing, attended with sharp, lancinating pains, as though needles were being run through it. It sometimes continues in this way a number of years, at other times it proceeds rapidly to ulceration discharging a thin, acrimonious fluid, corroding and destroying the contiguous parts.

TREATMENT.—If suppuration has not already commenced, the sorrel salve or the dried juice of wood sorrel should be applied; or if this fail to produce suppuration, the caustic potash, prepared by burning red oak bark to ashes, in a stove or on a clean hearth, drain boiling water through them till the strength is obtained; boil the lye to the consistence of brown sugar. Keep it in a glass-stopped bottle, as it destroys cork. Put some on the cancer for fifteen minutes. If it smarts much, sponge it with vinegar; wash it off with warm soap suds, made of Castile soap. Then poultice with lobelia, slippery elm, and catmint. After which apply the elder salve. Courses of medicine should be frequently given, and a syrup of Pipsissiway, Sarsaparilla, and Yellow Dock root taken freely.

## CHICKEN POX.

This eruption is usually preceded by feverish symptoms. About the second or third day the pimples become filled with a watery fluid, which is never converted into yellow matter as in the

small pox ; and about the fifth day, they usually dry away, and are formed into crusts or scabs.

**TREATMENT.**—Give composition or saffron and snakeroot tea, which is all the medicine that is usually required in this form of disease. Should the constitution of the patient be feeble so the eruption is not well thrown out, a course of medicine should be administered, and repeated if necessary.

### COLIC.

This form of disease is attended with severe pain in the bowels, nausea, and sometimes vomiting, and distention of the stomach. It is usually occasioned by some acrid substance taken into or generated in the stomach, such as unripe fruit, vitiated bile, or gas, undigested food, &c.

**TREATMENT.**—Some cases require thorough treatment. Nothing will afford relief so quick as enemas, which should be given every ten minutes until relief is obtained ; then cleanse the syringe and administer a pint of slippery elm tea by injection, to soothe the bowels. It is sometimes necessary to give a full course of medicine. Mild cases may be cured by taking a teaspoonful of composition, hot drops, or some aromatic tea. A few drops of anti-spasmodic tincture in peppermint tea, is excellent.

### CONSUMPTION.

Pulmonary consumption is characterized by emaciation, debility, cough, hectic fever, and purulent expectoration, night sweats, &c. One writer enumerates thirty different species of consumption : but this enumeration seems unnecessary

for practical purposes. When one lobe is affected, the disease is very slow in its progress, often lasting for many years; but when the substance of both lungs is affected, the disease progresses rapidly, commonly called the galloping consumption.

This disease has prevailed extensively from the earliest period of history to the present time, and has swept more from the earth than the sword or famine. In all northern climates it commits the most terrible ravages: A writer, some years since, computed that out of a population of eleven millions, in the island of Great Britain, fifty-five thousand annually died of the consumption; and the same fatality attends the disease in this climate. I presume one third of all those who die in this country are taken off by pneumonic diseases, or affections of the lungs; all which shows not only the prevalence and fatality of the complaint, but likewise the inefficacy of the various methods of treatment, including the vast number of boasted nostrums of the day, with which the community are now so shamefully deceived and imposed upon.

A consumptive taint may be transmitted from parents to children, and produce a development of the disease at different periods of their lives, owing to those circumstances which are calculated to call this consumptive predisposition into action. A whole family have enjoyed comparatively good health, till a certain period of life, when, upon a sudden attack of severe cold, or some other exciting cause, consumption has supervened and proved fatal to all; no doubt some such case has come under the observation of the reader.

Among the remote causes, we may enumerate the particular formation of the body; such as

prominent shoulders, narrow chest, &c.; scrofulous habit, bronchitis, pneumonia scrofula, and the sequel of eruptive diseases; particular employments, exposing the person to inhalation of dusty particles of matter, and fumes of metals and minerals; sedentary life, depressing passions, great evacuations, intemperance, nursing of infants too long, and whatever else induces debility; tight lacing, which serves to compress the chest and circumscribe the action of the pulmonary muscles; and lastly, the application of cold to the body, when in a state of perspiration, which is by far the most common of all causes; which shows the danger of the ball-room, where exercise is performed till the pores are opened, and suddenly closed by the application of cold, which ends in consumption; nearly every patient who applies for medical aid, in speaking of the cause of his disease, refers to the time when he experienced a sudden check of perspiration, and dates it from that period.

I may also mention those positions of the body which oblige the person to continue long in a stooping posture, as at the desk, in the manufacture of shoes, factories, sewing, &c.; also such employments as keep the hands and feet unnaturally cold.

An experienced and judicious physician says, the manner of treating people supposed to be consumptive, is in my opinion the cause of more deaths by consumption than any thing else.—People will send for the doctor when they have a bad cough, pain in the side, foul stomach, or no appetite. They are directed to put on a blister, have an issue or a seton, be bled, take salts, or calomel and jalap, take a tartar emetic vomit, diet themselves, or go through a course of saliva-

tion, or take mercury till their tongues are swollen out of their mouths, their lips are black, their teeth loose, and they almost dead with hunger.— If all this does not cure, the last direction is to go into the country for your health. I do not believe there is a well man on earth, that could go thro' all this treatment, without being confined to his bed. After going through this process, the person is commonly declared to be in a consumption, past all cure, and dies. I believe that consumption may as certainly be cured as any other disease, if rightly attended to in season.

The proximate or inimmediate cause, may be ascribed to irritation on the delicate coat of the lungs, producing organic change or lesion of their structure, subsequently inducing tubercles or ulcers. There is a deleterious agent or fluid carried to this organ, which all of us daily receive into the system in our food and drink, instead of being carried off by the excretory vessels of the system. As an evidence of this, we find that as soon as a person whose lungs are weak, or who is predisposed to consumption, experiences a check of perspiration, or to use a common expression, takes cold, he immediately feels an irritation on the lungs, and begins to cough.— This demonstrates that there is an offending matter, or noxious agent, which should be carried off by perspiration; hence the importance of keeping up a uniform determination to the surface, in order to preserve health.

**TREATMENT.**—It is generally supposed that pulmonary consumption is incurable. But the success of the Thomsonian practice in curing this form of disease, goes to prove that in many cases it can be cured. The patient, in order to be cur-

ed, must be willing to pursue strictly the prescribed course; denying himself of every indulgence that is injurious, and faithfully attend to every prescription calculated to benefit him.

It is generally necessary to administer two or three courses of medicine in a week, after having prepared the system for them by taking warming medicines a number of days previous. Between the courses, take one of the pills No. 1, every four hours, and the composition and spiced bitters according to directions under the head of compounds.

A proper regard to diet, exercise and air, is very important in consumptive cases. The food should consist of coarse wheat bread, rice, ripe fruit, &c., eaten at regular meals only, and regular exercise in the open air, if the strength and weather permit. An effort should be made to exercise as much as possible, as many persons have been cured by a persevering effort of this kind. The surface should be bathed all over twice a day in cold water, if there be sufficient vitality to produce reaction; or if not, brandy and water, followed by friction with a coarse towel fifteen or twenty minutes. The feet should be protected from wet and cold.

### CHOLERA MORBUS, DIARRHœA AND DYSENTERY.

These forms of disease are considered somewhat different; but the same method of treatment may be properly applied to each. In the first stages, or in mild attacks, the diarrhœa powder or syrup taken according to directions will effect a cure. If the attack is severe a full course of medicine should be given, followed up by in-

jections, containing a large proportion of slippery elm, every half hour, until relief is obtained. For children, a tea of slippery elm and loaf sugar should be given freely; also the diarrhoea powders, and injections of hemlock bark.

### CONVULSIONS OR FITS.

Fits are occasioned by an effort of nature to overcome some obstruction.

TREATMENT.—In cases of fits of every description, an injection should be administered, composed of slippery elm and anti-spasmodic tincture, in quantity according to age and severity of the attack, as soon as possible. If the jaws are locked, put some of the anti-spasmodic tincture into the back part of the mouth, and they will soon become relaxed, then give a great spoonful in some kind of warming tea. In order to effect a permanent cure, full courses of medicine should be resorted to with a constant stimulant and tonic treatment. Regard should also be had to diet and exercise in the open air, which are a *sine qua non* in the cure of all cases.

### CORNS.

To cure these troublesome consequences of tight shoes, avoid the first cause, or wear shoes sufficiently large for the foot, and wear a piece of India rubber over the corn, and a cure is certain.

### CROUP.

This heretofore frightful form of disease, which has ever baffled the skill of the faculty, and proved so almost universally fatal under their treat-

ment, is generally too well known in this country, from unpleasant experience and observation, to need much explanation by way of description, for every American mother must sooner or later have witnessed more or less cases. It is a form of disease peculiar to children, and has seldom or never been known to attack a person who has arrived at years of puberty. It mostly attacks infants, who are suddenly seized with difficulty of breathing, attended with a rattling noise—and like a multiplicity of other forms of disease, is caused by the application of cold, or which is synonymous, a loss of the requisite quantity of heat for maintaining a healthy action in the animal economy, and consequently occurs more frequently in the winter and spring than in other seasons. In cases of croup, the mucous membrane of the trachea or windpipe becomes greatly inflamed, which induces a great secretion of a very tenacious coagulated lymph or mucous matter in the windpipe and bronchial vessels, which greatly impedes respiration, and if not relieved, in most cases will sooner or later prove fatal by suffocation, or total obstruction of the respiratory organs.

**TREATMENT.**—In treating croup, thorough, and sometimes often repeated emetics should never be neglected, as they are almost the only prescription upon which much reliance can be placed; and lobelia is undoubtedly the most safe and effectual for this purpose of any thing known. It may be administered in powder or in an infusion, and in cases in which children are obstinate in taking medicine, the latter is preferable. A sufficient quantity should be given in all cases, to produce a thorough evacuation of the stomach, as there is little or no danger from the size of the dose, as no more will be used in the stomach than is ne-

cessary to produce the requisite cleansing and evacuation, the excess being thrown off as useless. The tincture or infusion of lobelia may be continued in small doses of a teaspoonful or so, after the stomach has been well cleansed and evacuated, and it will produce an excellent effect of arousing action in the stomach, loosening the viscid secretions upon the mucous membrane of the trachea or windpipe, promote expectoration, and allay the inflammation which usually accompanies and particularly affects the bronchial vessels. If the emetic in cases of croup does not operate freely and effectually, enemas or injections well charged with tincture or third preparation, should be repeated until the stomach is effectually cleansed from all impurities. The child during the operation of the medicine should, if possible, be made to perspire freely, which may be done by feeding it with warm herb drinks and composition tea, by warm bathing, putting warm bricks or boiled blocks about the child in the cradle or bed.

### DELIRIUM TREMENS.

This horrid disease is confined principally to those who are addicted to the free use of ardent spirits. The patient imagines he is surrounded by robbers, reptiles, or wild animals, and flies to the door or window to escape. His hands become tremulous, and he is restless and talkative.

**TREATMENT.**—A full course of medicine should be administered, steaming the patient in bed with heated stones wrapped in a damp cloth, placed at the feet and back. Give frequently of valerian or scullcap tea during its operation. The injections should be repeated and their strength in-

creased, until the patient is quiet and inclined to sleep. It is found that kind treatment is much more successful in restoring the patient than violence, as is usually the case under all other circumstances.

### DROPSY.

Dropsy is an accumulation of watery fluid in the cellular membrane, or any of the cavities of the body. It is caused by a weakness of the absorbent vessels, which are unable to take up the fluid and discharge it from the system through the natural channels.

**TREATMENT.**—In the early stages, this form of disease may be cured by a free use of the diuretic syrup, stimulating conserve and pills No. 2, with a vapor bath occasionally. But in the more advanced stages, full courses of medicine are required, repeated once or twice a week. The patient should avoid drinking much, and live principally on dry food.

### DISLOCATIONS AND FRACTURES.

Simple fractures or dislocations may be reduced by any person of common mechanical ingenuity. The first object is to relax the muscles.—The world is indebted to Dr. Thomson for the best mode of accomplishing this object. He directs the patient to take a dose of cayenne and valerian, to promote perspiration, &c. Then wet a large cloth in hot water, and apply as hot as can be borne, around the injured part, and for some distance above and below it. This being done, hold a vessel under, and pour on water as hot as can be applied without pain, and so con-

tinue for fifteen or twenty minutes, when the cloth must be taken off and the bone or bones placed in their proper position. If the case be a broken bone it must be splintered; but if it be a joint out of place, nothing more will be necessary than to pour cold water on the part, which will contract the muscles and keep the bone in its proper position. Lobelia taken in broken doses, will also produce relaxation of the muscles, and is often very necessary in dislocation or fracture of large bones. Difficult cases of this kind, will of course require the aid of experienced surgeons.

### DYSPEPSIA, OR INDIGESTION.

This form of disease may depend on any cause tending to produce weakness or inaction of the stomach, or obstruction in the secretion of gastric juice or bile. It is usually attended with pain after eating, costiveness, emaciation, colic, lowness of spirits, languor, &c.

**TREATMENT.** — The symptoms attending this form of disease may be relieved by medicine, but the cure can alone be effected by proper diet and exercise. The anti-dyspeptic powders will relieve the pain and sourness of the stomach after eating; pills No. 2 and injections should be used for the costiveness, and a course of medicine occasionally, to throw off the morbid accumulations, and stimulate the different organs to action. The diet should be simple, avoiding tea, coffee, butter, pork, and use but little meat of any kind. The coarse wheat bread is one of the very best articles of food in the complaint. Four or five hours' active exercise in the open air should be taken every day, and the whole body bathed in cold water every morning, followed by

brisk friction with a coarse towel. Sedentary occupations should be given up, and those more in accordance with the laws of nature substituted.

### ERYSIPelas, OR ST. ANTHONY'S FIRE.

This form of disease sometimes attacks all parts of the body, but is usually confined to the face and extremities. The inflammation appears in a small spot and gradually spreads to a greater or less extent over the surrounding surface.— When confined to the face, the symptoms are sometimes violent, swelling so as to close the eyelids. On the fourth or fifth day, blisters of different sizes make their appearance on the inflamed surface, containing a clear and watery fluid, which afterwards becomes of a straw color and more or less glutinous. In twenty-four or forty-eight hours the blisters break, when the redness and swelling begin to subside, and the adjacent cuticle peals off in the form of scales.

**TREATMENT.**—In mild cases of this form of disease, a tea of meadow fern, taken freely and used for bathing, is all that is required. In more severe cases composition and injections should be used, and if necessary a full course of medicine, repeated as occasion may require. A poultice of slippery elm will soothe the irritation and relieve the pain.

### FELONS AND WHITLOWS.

Felons and whitlows are very painful, being an inflammation of the covering membrane of the bone, and usually attack the finger joints.

**TREATMENT.**—As soon as matter forms, an incision may be made with a lancet to let it out.—

Dr. Thomson recommends burning a piece of punk the size of a pea on the affected part, covering the other portions of the finger with a cloth or napkin wetted with cold water. The burning may be repeated if necessary ; and the pain, it is said is very slight. As soon as the vitality of the skin is destroyed, it is to be punctured with a needle, slightly elevated, and a small portion of it cut away, so that the pus may escape. This accomplished, the elm and ginger poultice may be applied as on any other sore.

### GOUT.

This is a very painful form of disease, generally attacking the small joints. It usually attacks men who indulge in high living, and lead a sedentary life. A celebrated physician recommended to a person afflicted with the gout, that he live upon a sixpence a day, and earn it. Attacks of this complaint rarely occur before the age of thirty-five or forty.

**TREATMENT.**—The affected part should be bathed with the stimulating liniment, and full courses of medicine repeated until relief is obtained.—The elm poultice should also be used.

### GRAVEL, OR STONE.

The formation of small, sand-like concretions in the passage from the kidneys is called the *gravel* ; but if they are formed of so large size that they cannot pass the *ureters*, or *urethra*, it is called the *stone*. The gravel often afflicts aged persons, the stone children from infancy to fifteen years of age. They are attended with fixed pain in the loins or small of the back, sometimes

shooting down the thighs, numbness of the thigh or leg on the side affected, frequent disposition to pass water, which flows in a small quantity, sometimes attended with a discharge of bloody urine.

TREATMENT.—The best article we have ever used as a solvent for the stone, is queen of the meadow root and cleavers, a strong decoction, drunk freely. The diuretic syrup will usually afford relief. In violent paroxysms of pain, fomentations should be applied to the painful part, of hops and wormwood, and a full course of medicine given. I knew an instance where the stone was passed with the water while in the steam box, and a cure immediately effected.

Persons afflicted with the gravel or stone, should avoid the use of fermented liquors, such as cider, beer, and especially wines, and all sour substances; at the same time giving preference to soft, instead of hard water.

## INFLAMMATION OF ANY INTERNAL ORGAN OR MEMBRANE.

In all cases of internal, local inflammation, the great object to be accomplished is to equalize the circulation, which the faithful administration of full courses of medicine seldom fails to accomplish; fomentations should be applied to the part affected, of wormwood, hops and tansy, wet in vinegar. The intermediate treatment should be the spiced bitters three times a day, and composition at night, with the daily use of injections. If costive, take two of the pills No. 2, at night. A free use should be made of a tea of slippery elm, and milk porridge should be the principal article of diet. Chronic inflammations can only

be cured by a proper regulation of the diet, exercise, bathing, &c.

### EXTERNAL INFLAMMATION.

All cases of external inflammation should be bathed often in weak lye water, or a tea of meadow fern, and poulticed with the elm poultice, omitting the ginger. If very violent, the same course should be pursued as in internal inflammation.

### JAUNDICE.

This form of disease is characterized by yellowness of the skin, drowsiness, pain in the right side, clay-colored stools, &c. It is occasioned by an obstruction of the bile in its passage through the biliary ducts into the duodenum; it is absorbed, going into the circulation, rendering the blood impure, and deranging the operations of all the organs.

**TREATMENT.**—The spiced bitters, composition, and pills No. 2, taken according to the directions under the head of each, will almost invariably cure jaundice. If they should fail, two or three courses of medicine should be taken in connection with the above named articles.

### MEASLES.

This form of disease is attended with feverish symptoms, hoarseness, vomiting, swelling and redness of eyes, a hoarse, dry cough, drowsiness, sneezing, and a thin, watery discharge from the eyes and nose. The tongue is covered with a white coat, and the breath very offensive. On the third or fourth day the eruption makes its ap-

pearance about the face and forehead. It consists of small, red spots, which run into each other and form patches, which begin to disappear in three or four days.

**TREATMENT.**—In mild cases, all that is necessary is to give composition, or saffron and snake-root tea, to keep the skin moist, with an occasional injection to open the bowels. If the eruption does not make its appearance, and the feverish excitement continues, it will be necessary to give lobelia enough to produce vomiting, and injections often. The nettle rash which this resembles should be treated in precisely the same way.

### MUMPS.

This form of disease comes on with a swelling, sometimes on one and sometimes on both sides of the face and neck, at or near the angle of the jaws. The glands begin to swell and continue to enlarge until the fourth day, when the swelling declines and in a few days is entirely gone.

Some danger attends this form of disease when the patient takes cold, transferring the swelling to the breasts of females and testicles of males.

**TREATMENT.**—But little if any medicine is required in this form of disease unless the patient take cold, in which case a full course of medicine should be administered, repeated as often as the nature of the case requires.

### PARALYSIS OR PALSY.

This form of disease is characterized by loss of sensibility and motion, generally of the left side, but sometimes confined to a particular part, as one or both hands, arms, or legs. It is occasion-

ed by a loss of nervous energy, in consequence of an affection of the brain or spinal marrow, or a compression or injury of the nerves.

TREATMENT.—Full courses of medicine, combined with stimulating liniment applied to the part affected, will seldom fail to effect a cure.—The spiced bitters, composition, injections, and pills No. 1, should be taken daily, according to directions, and the stimulating liniment applied twice a day.

### PILES.

These tumors are occasioned by the passage of hardened faeces, forcing down the blood in the veins until the lining membrane is ruptured, and the blood presses out and forms small tumors, when ruptured profuse bleeding sometimes takes place.

TREATMENT.—The best remedy we have ever found for the piles is the pile ointment mentioned in this work; it seldom fails to relieve; injections should also be used of hemlock bark and slippery elm; a tea of mullen should be drunk freely, and the bowels kept open by using coarse wheat bread, rye pudding and ripe fruit. Physic of all kinds should be avoided, and costiveness prevented by diet and exercise.

### CANKER RASH, PUTRID SORE THROAT, AND SCARLET FEVER.

These forms of disease combined, have prevailed to an alarming extent in different sections of New England, consigning to the tomb the fond hopes of many a devoted parent. Notwithstanding their alarming fatality when treated by the

old school practice of physicing, bleeding and blistering, they have been almost invariably cured by the simple remedies of 'Thomson. The Thomsonian treatment, as can be proved by statistical accounts, will cure 99 cases out of 100 of scarlet fever and canker rash.

"The Scarlet Fever," says Beach, "is so denominated from the scarlet color and eruptions which appear on the body. It occurs at all seasons of the year, but generally in the fall or beginning of winter.

The scarlet fever commences with a chill and shivering, like other kinds of fever, with nausea and vomiting, great sickness succeeded by heat, thirst, and headache; sometimes in a very mild degree, at others more violent. The pulse is accelerated, the breathing is frequent or interrupted, the eyes red, and the eye-lids swollen. In two or three days the flesh begins to swell, a pricking sensation is experienced, and an eruption appears on the body in the form of a red stain or blotch, or rather of a fiery redness. It usually appears first upon the face, breast and arms, then over the whole body, of a uniform red color.

In the progress of the disease, one uniform redness, unattended, however, by any pustular eruption, pervades the face, body, and limbs, which parts appear somewhat swollen. The eyes and nostrils partake likewise more or less of the redness, and, in proportion as the former have an inflamed appearance, so does the tendency to delirium prevail.

**TREATMENT.**—Thorough Thomsonian treatment judiciously and perseveringly applied has proved a certain cure in this form of disease.—An Emetic course should be given once or twice a day with frequent injections. The surface

should be bathed a number of times in a day with weak lye. Great care should be taken to prevent taking cold after the patient begins to recover.

Injections should be administered once in four hours and the skin kept moist with a free use of cayenne and bayberry.

The throat should be frequently gargled with bayberry tea or cayenne and vinegar. Mullen leaves, wet in vinegar, should be applied to the throat externally, and the entire surface frequently bathed with meadow fern tea.

### RHEUMATISM.

This form of disease is usually occasioned by checked perspiration, and is most prevalent when the weather is damp and variable. The pain is very acute, and frequently changes from one part of the system to another.

TREATMENT.—This form of disease yields readily to the Thomsonian practice. The patient should take three or four courses of medicine in as many days, if the attack is very violent. The part affected should be bathed with the stimulating liniment, and the spiced bitters, composition and pills No. 1, used according to direction until a cure is effected. I have no doubt cold water judiciously applied, will cure this form of disease, but I have never proved it.

### RUPTURE OR HERNIA.

This is a protrusion of a portion of the bowels or omentum, forming a tumor or sack under the skin. It generally occurs at the groin, and inner part of the thigh. When the portion of the bowels become confined in the sack by the contrac-

tion of the orifice, it produces alarming effects, such as vomiting, pain and stoppage in the bowels, and if relief is not soon obtained, mortification takes place. This is called strangulated hernia.

**TREATMENT.**—The first object to be accomplished, is to replace the protruded portion of the bowels, which may generally be done by pressure with the fingers, the patient lying on his back, with his thighs bent upon his body and his head elevated. A strangulated hernia cannot be returned until the inflammation and swelling are subdued. This can be speedily accomplished by a full course of medicine, or lobelia taken in small potions until the system is sufficiently relaxed, when it may be gently returned.

Dr. Logan, of Pennsylvania, recommends the application of a strong decoction of white oak bark to effect a permanent cure for hernia.

### SCALLED HEAD.

This eruption usually commences with a brownish spot on some part of the head; which soon discharges matter so acrid as to excoriate the skin, and spreads so as sometimes to entirely cover the head. Children are particularly subject to this eruption, and is occasioned by improper diet, uncleanliness, or contagion.

**TREATMENT.**—It is necessary to administer two or three courses of medicine to cleanse the system from the impurities that occasion the eruption. Wash the head two or three times a day with Castile soap first, then a strong tea of meadow fern burs and leaves; after which apply a poultice composed of slippery elm, pond lily root, and bayberry, using the composition tea inter-

nally to favor perspiration. Particular attention should be paid to diet, avoiding butter or any kind of grease, tea or coffee.

### SCROFULA OR KING'S EVIL.

The first appearance of this form of disease is commonly in small, round, movable tumors under the skin, without pain or discoloration, generally in the neck, behind the ears, and under the chin, which, after a while, suppurate and degenerate into ulcers, discharging a white matter instead of healthy pus. It is occasioned by impure air, unwholesome food, the use of mercury, or whatever tends to derange the health.

**TREATMENT.**—Thorough courses of medicine are absolutely necessary in this form of disease. Give three courses a week and steam every day; giving in the mean time, and following up afterwards with the spiced bitters, composition, and pills No. 1, according to directions. Bathe the tumors with stimulating liniment, if there is no inflammation on the surface; if inflamed, apply the elm poultice. If ulceration has taken place, wash with Castile soap suds, and continue the elm poultice with the addition of pond lily root, until the discharge ceases.

The diet should consist of coarse wheat bread, rice, ripe fruit, rye pudding, &c., avoiding all grease, tea, coffee, and fermented or distilled liquors of all kinds. Perseverance is a very important requisite in this as well as most other chronic forms of disease.

### SMALL POX.

In this form of disease, the eruption appears at first in small red spots, hardly prominent, but by

degrees rising into pimples. There are generally but few on the face; but even when more numerous they are separate and distinct from one another. On the fifth or sixth day a small vesicle, or bladder, containing an almost colorless fluid, appears on the top of each pimple; for two days these vesicles increase in breadth only, and there is a small pit in their middle, so that they are not raised into spheroidal or globular pustules or eruptions, till the eighth day.

As the pustules increase in size, the face swells considerably, if they are numerous on it; and the eye-lids particularly are so much swelled, that the eyes are entirely shut. As the disease proceeds, the matter in the pustules becomes by degrees, first more opaque or cloudy, then white, and then at length assumes a yellowish color.—On the 11th day the swelling of the face is abated, and the pustules seem quite full. On the top of each a darker spot appears; and at this place the pustule, on the 11th day or soon after, is spontaneously broken, and a portion of the matter oozes out, in consequence of which the pustule is shrivelled, and subsides; while the matter oozing out dries, and forms a crust upon its surface.

**TREATMENT.**—No disease yields more readily to thorough Thomsonian treatment than small pox. The patient should begin by drinking freely of Composition and Cayenne, after which a full course of medicine should be administered, and an emetic course with injections as often as the nature of the case requires. The intermediate treatment should be Composition and Raspberry tea with No. 2 and injections often administered. The patient should be in a room where the air can be kept pure, and should not be suffered to change from a mild to a cold atmosphere, with-

out due preeaution. His diet should be light and chiefly vegetable. If costiveness prevails, injections are far preferable to cathartics. This course of treatment with careful nursing, will universally effect a cure.

### SORE OR INFLAMED BREAST.

This form of disease very commonly attaeks females after child birth and frequently results in a broken breast.

**TREATMENT.**—Fomentation of bitter herbs, and the elm poultice with the internal use of composition will usually afford immediate relief. Dr. Barrett, of Norfolk, Va., recommends the following application :

Take the kernels of white oak acrons, either green or dry, (they will keep for years,) pound them fine, and stew them in hog's lard over a slow fire, until you get the virtues of the acorn well incorporated with the lard. Add about lard enough to cover them, and make it as strong of the acorns as you well can, then strain and preserve them for use. This is to be applied with considerable friction two or three times a day, according to symptoms, and a piecee of soft flannel worn over the breast. You may cut a hole in the flannel, so as to nurse a child without removing it.

If this is well applied before matter is formed, it will not fail one time in a hundred to prevent the breast from rising, whether the child is or is not nursed. It will soften every hard placee, ease pain, and cause the milk to flow out naturally, so that the breast in no case will need drawing.

He says, "I have seen and known so many cases, I speak with confidence."

## ST. VITUS' DANCE.

This disease is characterized by the involuntary action of some of the muscles. The disease first affects the legs, by a kind of lameness, and the patient drags them after him in an unusual manner, nor can he hold his arms still, but is constantly throwing them about in an ungraceful manner, which it is impossible for him to avoid.

**TREATMENT.**—In the early stages this form of disease may be cured by a free use of composition and valerian, half a teaspoonful of each at night and two of the pills No. 1. If this does not cure, the courses of medicine must be resorted to, which, in combination with nervines and tonics will effect a cure.

## WHITE SWELLING.

The White Swelling is a common and exceedingly painful disorder. It has been considered incurable by the faculty, who have frequently resorted to amputation as the only remedy.

The knee, ankle, wrist, and elbow, are the joints most subject to white swellings. As the name of the disease implies, the skin is not at all altered in color. In some instances, the swelling yields, in a certain degree, to pressure; but it never pits, and is almost always sufficiently firm to make an uninformed examiner believe that the bones contribute to the tumor. The pain is sometimes vehement from the very first; in other instances, there is hardly the least pain in the beginning of the disease. In the majority of scrofulous white swellings, let the pain be trivial or violent, it is particularly situated in one part of the joint, viz: either the centre of the articulation, or the head of the tibia, supposing the knee

affected. In some cases, abscesses form a few months after the first affection of the joint; on other occasions, several years elapse, and no suppuration of this kind makes its appearance.

**TREATMENT.**—Courses of medicine are indispensable in this form of disease. A thorough course should be administered once a week.—During the intervals the knee should be bathed with the stimulating liniment, and poulticed with the elm poultice combined with the sediment of No. 6; drops. Composition, spiced bitters, and pills No. 1, should be taken according to directions. The diet should consist of coarse wheat bread, rice, potatoes, ripe fruit, &c., avoiding butter, meat, tea and coffee, &c.

### TIC DOULOUREUX.

This form of disease, though of rare occurrence, is probably the most painful of any malady that feeble nature has to contend with; and medical writers generally, concur in opinion, that nothing short of an operation, dividing the diseased nerve, can afford relief. Our experience, however, tho' limited, induces us to believe, that the disease will readily yield to proper remedies.

Tic Douloureux is characterized by severe paroxysms of pain, affecting the nerves of the face, most frequently the filament of that branch of the fifth pair, which come out of the infra-orbital foramen; but sometimes the other branches of the fifth pair, and occasionally the numerous filaments of the portio dura of the auditory nerve, which are distributed upon the face.

**TREATMENT.**—Thorough courses of medicine will usually cure this form of disease. The worst case we ever saw, was cured by taking two tho-

rough courses in twenty-four hours; no relief being obtained until after the operation of the second course, when the patient was entirely easy, and has not, to our knowledge, had an attack since.

### WHOOPING COUGH.

This form of disease usually attacks children, occurring but once in the same individual. The cough acquires a peculiar, shrill, and whooping sound, in many cases almost producing suffocation.

**TREATMENT.**—The bowels should be kept regular by injections, and the tincture of lobelia used in small quantities, to keep the cough loose. The patient should be kept from the evening air, the feet kept warm and dry, and particular regard paid to the diet.

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## CHAPTER X.

### MIDWIFERY.

There is no part of the practice of medicine or surgery, in which a reform is more loudly called for, than in that of midwifery. But few are fully conscious of the unnecessary suffering and destruction of human life, produced by the unnatural interference of male accouchers. Were the dictates of nature and the light of reason followed instead of the false theories of those who profess to be learned and wise, the homes of many childless parents might now be made cheerful by the innocent merriment, and fond caressing of their offspring. We do not charge upon the faculty a

disregard for the sufferings of the female sex; we know them to be as humane, as benevolent as others, but a strong inducement is held out to them to retain this practice under their "exclusive jurisdiction," when they must know that females are fully competent and far better adapted to perform the office of midwife than males. That strong inducement is the fee. If this service was to be done gratuitously, the probability is physicians would soon come to the conclusion that their presence was not necessary at the time of childbirth. No physician can have failed to notice, that his introduction into the chamber of parturition produces an unfavorable change in the patient, that frequently is not entirely overcome. Do they argue that females are not competent to officiate as midwives? If we search the annals of history we shall find that females were the only midwives until the seventeenth century. It is said that during the latter part of the sixteenth century a physician in Hamburgh was publicly branded, because he was induced by curiosity to be present at a delivery, in female attire. Madame Boivin, the celebrated lecturer on midwifery, in Paris, has superintended the delivery of more than twenty thousand women.— Many American women have devoted their time to the business, with a success seldom equalled by the other sex. Females who understand the Thomsonian system, and have given their attention to the practice of midwifery, have seldom met with any difficulty. My own experience and observation compel me to believe that ninety-nine in a hundred of the cases that are so very alarming and often fatal to mother or child, would be comparatively safe and expeditious under the management of such females. Mrs. Whitney, for-

merly of this town, has attended many cases with perfect success and satisfaction to all concerned. Any other woman may be equally successful, by obtaining a knowledge of the medicines and the management of such cases. If women cannot be obtained who will take the responsibility, let those husbands who are convinced of the impropriety of the present practice, inform themselves upon the subject and attend upon their own wives. We know a Methodist minister in Maine, who has attended upon his wife with eight or nine children, without any trouble, and we know of many others who do the same. We hazard the assertion, unpopular as it may be, that the presence of a physician is no more necessary to the safe delivery of ninety-nine cases in a hundred in childbirth, than it is when a healthy woman is eating wholesome fruit.

#### GENERAL DIRECTIONS FOR TREATMENT IN CHILDBIRTH.

PREVIOUS TREATMENT.—The mother's cordial, mentioned in this work, should be taken two or three weeks previous to confinement. If costive, take enough of the pills No. 2 to keep the bowels regular. If troubled with acidity of the stomach, take the anti-dyspeptic powder after eating.—Take half a teaspoonful of valerian and as much composition, occasionally at bed time.

TREATMENT DURING LABOR.—When labor commences, which may be known by the regular "*bearing down pains*," send for the most experienced woman in your vicinity; if she will not take the responsibility, let the husband take it himself, provided he or the woman know how to proceed. If neither know any thing about it, get

the best Thomsonian physician you can find, and in case there is none near, get the regular that gives the sick the least medicine. If the pains are severe and protracted, let the bed be immediately arranged, and all necessary provision made for the birth of the child. If labor progresses slowly, add a teaspoonful each of cayenne and valerian to a pint of strong raspberry leaf tea, and give in half cupful doses.

**RIGIDITY OF THE PARTS.**—If the pains continue severe, in consequence of a rigidity of the muscles, and but little is accomplished thereby, administer an injection, composed of two teaspoonfuls of the injection powder, and give the emetic powder, prepared the same as for an emetic, in small quantities, until the system becomes relaxed. Local relaxation may also be produced, by applying warm baths to the parts. Dr. Burns in his work on obstetrics remarks, "A fundamental principle in midwifery is, that relaxation or diminution of resistance is essential to an easy delivery; and could we discover any agent capable of effecting this rapidly and safely, we should have no tedious labors, except from the state of the pelvis or position of the child." The agent so earnestly desired by Dr. Burns, is found in the lobelia inflata, which "rapidly and safely" relaxes the muscular system, without producing permanent debility; the use of which will render unnecessary the barbarous steel, so frequently used by the faculty to kill the unborn child.

**TYING AND CUTTING THE NAVEL STRING.**—After the birth of the child, and all pulsation has ceased in the navel string, it should be tied with two ligatures, one about an inch, and the other two inches from the body, cutting the cord midway between the ligatures.

**MANAGEMENT OF THE PLACENTA OR AFTER-BIRTH.—** After the delivery of the child, the mother should take some warm porridge and be allowed to remain quiet, until the labor pains are renewed, when the navel string may be gently drawn, and the placenta will be expelled. If it should be retained more than an hour, administer an injection the same as before, which will generally produce the desired effect in a few minutes. If the operation of the injection does not expel it, give the emetic powder as before directed, which will never fail to accomplish the object, without the necessity of manual force.

**TREATMENT AFTER DELIVERY.—** If able, the mother should be got up; her clothes changed, and bed prepared, into which she should be placed as soon as possible. The child should be washed clean with warm Castile soap suds and dressed. A teaspoonful of raspberry leaf tea, sweetened, may be given the child, but no physic should be used. The mother should take the composition and valerian, 1-2 teaspoonfuls of each, three or four times a day, and two of the pills No. 1, at night.

**TONGUE-TIED CHILDREN.—** The tongue is sometimes tied down by a string or thin whitish membrane, which prevents the infant from protruding the tongue from its mouth, and interferes also with its nursing. The membrane should be divided with a pair of sharp scissors, taking care not to cut into the substance of the tongue, as there would be danger of hemorrhage. The operation is simple, but still it should be performed with care. Late writers on the subject say it ought not to be performed until the child is a year old.

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